Chichester Herald

Friday 19th October 2012
YOUR FREE WEEKLY NEWSPAPER

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Run in the sun

>> It's back – after a long absence the half marathon returns

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

MORE THAN 500 people took part in the revived Chichester Half Marathon on a sunny Sunday morning in the city last weekend.

After a 25 year absence, the multi terrain race started at Chichester College and passed through the city before heading north to the pinnacle of the Downs. Runners then returned to the city through Centurion Way.

The race was organised by Chichester based charity, Children on the Edge in conjunction with Chichester District Council.

Ben Wilkes from Children on the Edge said he was delighted with how the day went.

"Children on the Edge has a global reach and helps some of the most vulnerable children in the world, so it was amazing to see our local community come together not only for a fantastic race, but to support our projects in such a positive way."

The charity described the event as a challenging yet beautiful half marathon through Chichester city centre and the South Downs that aims to raise vital funds for the work of Children on the Edge and the runners did not disagree.

Scores of runners came in singing the praises of the marshals who were all volunteers from the local area, while others said they were very impressed by the route – if not a little tough!

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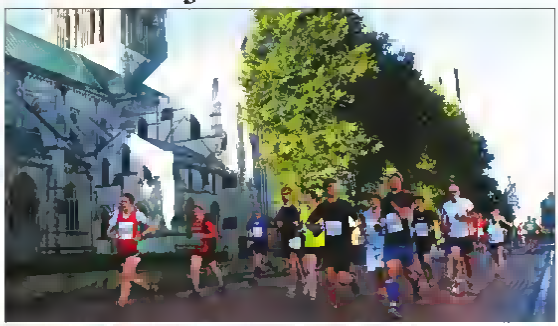

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Local News

Continued from page 1

One runner said of the marshals, "I have never been to a race where every marshal seemed to want to be there and were all smiling and cheering the runners on"

The winners in all categories was James Baker with a net finish time of 1 hour, 15 minutes and 27 seconds and both Children on the Edge and the council are hoping this will grow to be an annual event.

The goody bags were also a firm favourite, containing contributions from Montezuma's Chocolates, The Body Shop, Higher Nature and GNC

Sponsored and supported by Montezuma's Chocolates Store Property and Covers and a strange feather local businesses and excellently marshaled by local volunteers, the race was a truly local success

Comments from the runners:

"Great run – loads of friendly marshals, lovely morning and stunning and challenging route, fantastic massage at end and cool goodie bag" Helen Jerome

"What a great run! Scenic, sunny, challenging, on/off road had it all and chocolate at the bag at the end! Simply Brilliant, will do it all and all the volunteers/cheerers etc" - Rob Sharkey

"It was a fantastic event today and I really enjoyed it. The course is superb and the organisation and cheerful nature of all the correspondence has been fabulous. I was really impressed by the number and friendliness of the marshals today and also by the truly high quality goody bag" Su Leaning

...Well, it would have been rude not to run it!

OKAY, so I still can't walk and my stairs seem like a recurring nightmare of the treacle climb.

But I'm so pleased I did it.

A couple of years ago, a good friend of mine Kate Hobson and I embarked on a crazy journey called 'running'. For some silly reason we did a half marathon in Southsea and then went a little crazy and did the London Marathon that year.

I then retired from exercise.

But when Children on the edge and Chichester District Council decided to revive the half marathon – surely it would have been rude not to undertake a run on your doorstep!

I'm glad I've done it. But crikey was it painful. Most of it was off road which was challenging, especially as the ground was a little soggy and brings on the legs. The biggest hurdle was the trundle, which, if I'm correct, was about 4 miles into the course. The treacle climb was the Lavant side going up – you know, that flint pathway that resembles the aftermath of an earthquake!

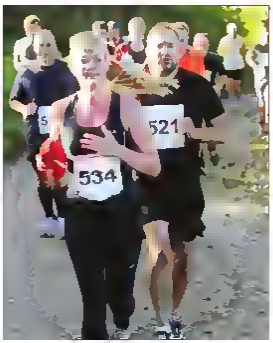
Once you'd got to the top and taken in the views of Goodwood, it was mostly downhill from there.

It was so amazing but tiring course which was brilliantly marshalled. I must give credit to these volunteers as all of them gave us encouragement with a smile. And the spectators who came out in force were just as brilliant – it does really help these legs.

I went for under 2 hours and wanted to be in the top 299 places. I came home in 2 hours 5 minutes and in 300th place. It was Kate who got my 299th place.

Oh well. There's always next year!

Dean Adams
Managing Editor



Chichester Diocese jobs warning as 'finances deteriorate'

THE CHURCH in Sussex has temporarily frozen recruitment and warned of potential job losses after its finances deteriorated. It has emerged.

A letter seen by the BBC asked parishes to raise more money to try to reduce subsidies from the Chichester diocese.

In the letter, The Reverend Stee Tomalin said the diocese would run out of its restricted funds in the middle of 2013, if the situation did not change.

The diocese said it was examining its financial position "rigorously".

Mr Tomalin, rural dean of Dallington Deanery, said: "I don't think it's a crisis yet.

"I think we're still at the stage of being able to do something about it so that it doesn't become a crisis.

"But if over the next 12 to 18 months, the call to raise the finance necessary doesn't happen, then at that point difficult decisions will have to start to be made."

In his letter, he wrote: "It seems the finances of the diocese have deteriorated far faster than feared."

He added the bishop had "placed a temporary moratorium on all new posts throughout the diocese until at least November".

He said: "It hasn't yet got to the point where we have to justify each and every post - although that may well be not far off."

In a statement, Angela Sibson, diocesan secretary, said: "... the diocese is examining its financial position rigorously as a matter of good housekeeping, recognising the financial challenges ahead and that it has to keep a close eye on income and expenditure."

Editor of the Church of England Newspaper, Colin Blakely, said dioceses across the country were facing serious problems that were partly due to declining church attendance.

He said: "With such a massive drop in the number of people going [and] the number of people who are giving to the church, that's going to affect all sorts of things."

Three dioceses had already been merged in the north of England because of declining revenues, he said.

He said the church had estimated numbers of people attending weekly would fall from the current 1.2 million to 125,000 by 2057.

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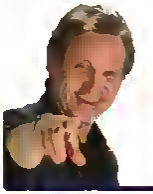
I found myself saying 'that's Chichester for you'



Tommy Boyd

Air Traffic Controllers "Higher! Higher! Lower!"

ODD NEWS WEEK

Strange stories many of them vaguely discomforting Maybe the internet news machines are setting the agenda more and more They tend to bring us "Revealed Blind two year old Jazz genius – must see video" Meanwhile our comparatively tired mainstream news goes "Inflation has fallen one half of one per cent but hold on an Austrian parachutist has jumped out of a balloon and fallen a long way"

OAREDEVILS

They do it to make us watch them; we pay attention because we half hope the attempt fails I m not saying we wish these attention-seekers any harm, just that they are begging us to watch on the basis they might get hurt A newsroom I worked in had the maxim "If it bleeds it leads" which was successful because human nature is like that

BONFIRE NIGHT HALLOWEEN

Tired They are both remnants from when it was mainstream to enjoy as much macabre as possible

NEW DAYS TO CELEBRATE

We need new nationwide celebrations How about "Nice To See You Day" Everyone has to talk, walk and generally behave like Bruce Forsythe all day or pay a forfeit to charity Certain professions would be exempt, such as lighting up It s a free show and they ll be doing it long after you and I are gone

CHICHESTER IDEALS

I took a child aged 8 for a first visit to the skateboard park behind the Westgate Centre The other boys were mostly teenagers doing amazing stunts Hard looking lads with hoodies A friend from Brighton was along to watch Wasn t long before the child fell over with a crash A lad was quick over on his BMX and said "You okay?" Another said "What you need to do on that turn is fix your standing foot on the scooter and brace the handlebars so you ve got control" The friend said "Blimey that's nice of them" I found myself saying "That's Chichester for you " So it is

AUTUMN

I know there's plenty on all our minds but don't miss out on taking a look at what the trees are doing at the moment They are

STAYING ALIVE AS YOU CAN

I was reminded of an American who said to me "Gonna hit the sack big day tomorrow " I said "Big day? What's that then?" He replied "Tomorrow is always a big day "

TRAFFIC WARDENS

I was struggling to get back to the Northgate Car Park before my ticket ran out. Sure enough there was the warden with his machine about to run off a ticket "Sorry" says I "It's been a right old day" He replied "These times aren t a guideline you know " I said "Fair enough " He said "Bad day eh?" I said "You wouldn t believe He said "Off you go then " Again, Chichester

JOKE

The phone rang at hotel reception It could be the blonde in 417 maybe the Irishman in 623 or George Osborne, we ll never know "Help" says the voice "I can t get out of my room. There are only three doors The bathroom, the wardrobe and one with a sign that says "Do Not Disturb"

Let us know what you think

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@dustbindinner
"Chichester is technically a city but it has one night club that isn't open on the day of the week its named after next joke"

@BuzzwordCreativ
"Well done Adam our MD who successfully completed the first Chichester Half-Marathon yesterday! We ll let you off the coffee duties today!"

@iamjohngreen
"Chichester Wetherspoons once last orders rings it turns into a homeless shelter"

@Patthew101
"Chichester needs a #Subway"

@livvmarcella
"taking about 20 more items of clothing with me to chichester but I have nowhere to put them hello floordrobe"

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Chichester Herald [illegible] available for self selected pick up / delivery Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75 000.**

Distribution locations include Tesco Sainsbury's Waitrose, Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagent One Stop Chichester College plus **314 newspaper stands** in the area. Chichester Herald also in all coffee shops We also distribute at east and newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick-up point areas and businesses delivered to include:
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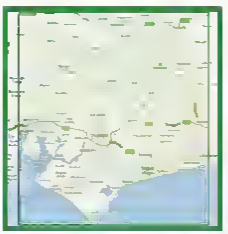

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Chichester woman pleads guilty to benefit fraud

A WOMAN has been ordered to undertake community work after falsely claiming almost £10,000 in benefits.

Sabrina Turner, of Delleway Road, Chichester, was claiming Housing Benefit, Council Tax Benefit and Income Support on the basis that she was a lone parent. However, she failed to declare that her partner moved in to the household in April 2010.

Miss Turner was caught following a joint investigation between Chichester District Council and The Department for Work and Pensions. She was overpaid Income Support, Housing Benefit and Council Tax Benefit totalling £9,728.46.

She appeared at Worthing Magistrates Court on 9 October 2012 and pleaded guilty to three charges of failing to declare a change in her circumstances. She was ordered to undertake 40 hours of community work.

Both Chichester District Council and the Department for Work and Pensions will seek to recover all overpaid benefit.

If you suspect anyone of committing benefit fraud you can contact the council's investigation team on a confidential 24 hour fraud hotline number – 01243 534590. Or you can report it online at www.chichester.gov.uk/ReportBenefitFraud

Two men charged following Bosham burglary

POLICE were called to a house in Brooks Lane, Bosham, on Friday (12 Oct) following reports that an adult woman and man at the address were being threatened by two men who had forced their way into the property, demanding money.

Shortly after 7pm police arrested two men nearby on suspicion of aggravated burglary, who have now been charged.

Russell Andrew Carruthers, 35, unemployed, of Upper Bognor Road, Bognor Regis has been charged with aggravated burglary, common assault and causing £5,000 worth of criminal damage.

Kevin Richard Torrant, 43, unemployed, of Brackleshem Lane, Bracklesham Bay, Chichester, has been charged with burglary.

Both men are due to appear at Worthing Magistrates Court this week.

Day of action with drugs warrants

A DAY of action to combat drugs in Bognor Regis on Monday (Oct 8) was successful with two misuse of drugs warrants being used.

A search of a premises in Upper Bognor Road found three people a 35-year-old man, a 33-year-old woman and a 43-year-old man, who were arrested on suspicion of possession with intent to supply a controlled substance. A quantity of class A drugs (heroin) and class C drugs were found along with some cash and other related articles at one of the addresses.

Another premises search led to more class A drugs (heroin) and a large sum of cash being recovered. All the suspects were bailed until December 9 for further enquiries.

During a search of properties in the Gordon Avenue area one 42-year-old man was arrested on suspicion of possession with intent to supply cannabis after a large quantity of herbal cannabis was found. The man was also arrested on suspicion of abstracting electricity. He has been bailed until November 27 for further enquiries.

Chichester academic joins UK delegation to boost sport in India

A LECTURER from the University of Chichester will be part of a UK delegation heading to India this week to support the long term development of sport in the country.

Dr Alex Twitchen will be attending an event run by the Federation of Indian Chamber of Commerce and Industry, described as India's largest international convention on the business of sports.

He will join academics from other UK universities to talk with representatives from Indian universities about how to enhance the number of sports courses they currently offer in order to cope with an expected rise in demand for well qualified personnel in the sports industry.

Dr Twitchen said: "Using Chichester's expertise in course design, delivery and formal approval, we are in an excellent position to help develop a range of partnerships with various Universities that can support the growth of the sports business in India. It is pleasing that our expertise has been recognised in this way and that we have been invited to be part of the UK delegation."

The conference takes place on 18 and 19 October.

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Have your say – could you be a Youth MP?

THE NEXT UK Youth Parliament election will take place in March 2013 and potential West Sussex candidates are being asked to come forward now.

Anyone thinking of standing for the elections next year can register their early interest online via the Your Space website at www.yourspacewestsussex.co.uk/election2013

West Sussex is covered by four UK Youth Parliament areas. Candidates can stand for election in one of the four areas, in each area the two candidates with the most votes are elected as Members of the Youth Parliament (MYP) and Deputy MYPs.

The four geographical areas in West Sussex are:

- Chichester, West Arun
- Crawley, East Grinstead
- East Arun, Adur and Worthing
- Horsham and Mid Sussex

West Sussex County Council's Cabinet Member for Children and Families Peter Evans said: "Nationally there are 500 MYPs across the UK, giving young people a voice about issues that affect them. At present, the UK Youth Parliament is running national campaigns on recycling, concessionary travel and university fees."

South East regional meetings are held every two months for West Sussex MYPs to attend, and they also hold surgeries in their area to listen to the views of young people living locally. They have monthly meetings with the West Sussex Youth Cabinet, and go to one national sitting of all elected MYPs and a day of debate in the House of Commons.

MYPs are fully supported in their work by the County Council's Youth Support and Development Service.

To stand for election you need to be aged between 11 to 19-years-old. The election will run from Friday March 1 to Friday 29 March 2013, young people will be able to vote via the Your Space website.

Those who register their interest in standing for the UK Youth Parliament will receive a candidate pack explaining more about the election, the Youth Cabinet and information on running an election campaign.

To find out more on what being an MYP involves and to register your interest, visit the Your Space website. You can also find out more at www.ukyouthparliament.org.uk

Valuable urns stolen in Cocking burglary

TWO valuable urns have been stolen in a burglary on the outskirts of Chichester and Midhurst.

The urns, believed to be worth £15,000 were taken from the garden of a house in Well Lane, Cocking Causeway, near Midhurst, which was burgled between the afternoon of Thursday 4 October and the morning of Saturday 6 October.

Other items including DVDs and a fur coat were taken.

The urns, made of lead, were part of a set of 16 designed in 1700, originally for Hampton Court Palace.

Detective Constable Andrea Watts said: "We are publishing a photograph of one of the urns, which are very distinctive, and it is hoped that people including dealers may recognise them if they are seen stored or are offered for sale somewhere. We are also keen to hear from anyone who saw any suspicious activity in the Cocking area between those two dates of 4 and 6 October. If you can help please call us via 101 quoting serial 0424 of 6/10. You can also call independent charity Crimestoppers anonymously via 0800 555 111."

A NEW venture will be starting this Saturday at the Selsey Centre, Selsey.

Saturday (20 Oct) from 2.30pm to 6pm will see a new Craft and Vintage Fair. It will be run monthly until further notice. There will be unique and different gifts to buy for you, your loved ones and friends. Refreshments will be available and tables can be booked at the introductory price of £9. Further information can be obtained on 07962345393. Craft & Vintage Fair The Selsey Centre, Manor Road, Selsey.

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The Gift

Mia Edwards

SOME people are very, very organised. I call this The Gift. Those who are Gifted are the most amazing beasts ever. They remind you when you need to do things and they remember where they put their stuff. These are two of the most important factors in a person, and I say that because I cannot do either of them.

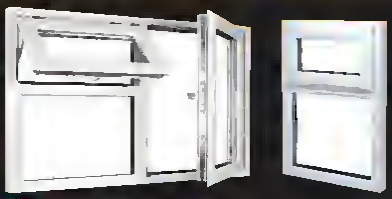
I have to say, I have a pretty disorganised family. It must be partly genetic. I mean, it's not like we purposefully move areas up and forget to hand in forms. It just HAPPENS. So for this reason, I must admit that we are not Gifted. But thankfully, almost all of my friends are. And their parents. They lead the way and show us how to do things (thank god).

Something that I've noticed is that The Gifted are easily spotted because they have this aura. There's something about how all their clothes are so perfectly selected for the occasion, and their hair has always been expertly engineered so that it stays in place. They wear something different every day and are always fashionably precise with their look. When you sneeze...they're the beautiful humans that calmly reach in to their bag and hand you a tissue. The ones who've looked up cinema times in advance so that you can actually be almost on time. The ones who snip the pages of their diaries or planners when they've gone past them.

I suppose us Ungifted folk also have our symptoms, like our hair ties snapping when we tie up our hair, or our shirt collar always being at an awkward angle, or our tights being made fruitless because they get holes in the toes (is that just me?). We're a quirky bunch. Not to day goes by when I am not in but late for school because I am on eBay or reading my magazine, a classic Ungifted trait.

Then again, I think that our lack of organisation is kind of cool because every day will be different. Being in a new kind of trouble every 24 hours is just riveting. We are living on the edge of life. Wild. Free. In detention for forgetting our books.

Windows White PVCu



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3 Windows	£1375	£1275
5 Windows	£2295	£1995
7 Windows	£3275	£2975
9 Windows	£4295	£3795
11 Windows	£5275	£4675

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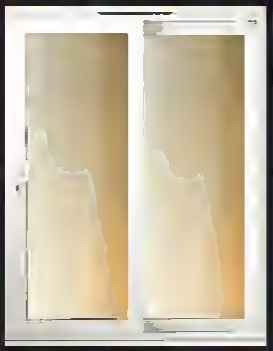

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TERMS & CONDITIONS APPLY

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Midhurst family's WWII ration books are donated to museum

A FAMILY'S set of World War Two ration books in a hand-embroidered cover are the latest additions to The Novium's collection.

The ration books have recently been donated by Judy Fowler from Midhurst. Her mother, Winifred, embroidered the cover and kept the books safely after rationing ended in the 1950s.

The items will go on display at The Novium in December.

Judy, 67, says: "I think my mother must have thought they were historic documents and so decided they should be kept. I imagine she embroidered the cover while sitting listening to the wireless during the war. She would be tickled pink to think they were going to a museum."

Judy says she can remember buying sweets in Midhurst as a young girl with coupons from her ration book and that the family needed the books to get their meat ration from the local butcher's shop.

Although The Novium has a number of different ration books already in its collection, staff do not believe any of them were ever actually used in the Chichester District.

Jennifer Bowser, Exhibitions Officer at The Novium, says: "The fact that these ration books were used by a local Midhurst family who still have ties to the area is quite significant. They make a lovely addition to our collection. The time and care taken to embroider this cover indicates that ration books must have played an important role to the Fowler family during the Second World War."

Right: The ration book cover which was embroidered by Winifred Fowler

The Novium, in Tower Street in Chichester, is open: Summer (April to October): Monday to Saturday 10am–5pm, Sunday 10am–4pm. Open Bank Holidays from 10am–5pm and Winter (November to March): Wednesday to Saturday 10am to 5pm, Sunday 10am–4pm.

Admission fees are: adults £7, concessions (disabled, seniors 60+, unemployed, students with a valid ID) £6, youths (4-15) £2.50, family (2 adults, 2 youths) £16.50, and adult groups (4 or more adults, per person) £6.50.

Local people can benefit from an annual ticket. The prices for an adult annual ticket are £17.50, youths (4-15 years old) £6.25, concessions (disabled, seniors 60+, unemployed and students with valid IDs) £15, and family (2 adults, 2 youth) £42.

Access to Chichester Tourist Information Centre is free.

For more information on events at The Novium call 01243 775888, email at thenovium@chichester.gov.uk or visit www.thenovium.org.

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DAY EXCURSIONS

15 Nov	SCROOGE with TOMMY STEELE LONDON PALLADIUM	
18 Nov	HORSEWORLD LIVE AT THE EXCEL	
20 Nov	HARRODS FOR CHRISTMAS SHOPPING	
22 Nov	THE ROYAL MARINES SPECTACULAR BOURNEMOUTH PAVILION	
23/24/25 Nov	SPEED - BRIGHTON ICE SHOW	
24 Nov	LILLE CHRISTMAS MARKET VIA EUROTUNNEL	
26 Nov	LONDON CHRISTMAS LIGHTS & SIGHTS WITH GUIDE & SUPPER	
27 Nov	CHRISTMAS SPECTACULAR WITH LUNCH & TEA IN THE NEW FOREST	
05 Dec	MATILDA - THE MUSICAL CAMBRIDGE THEATRE	
08 Dec	THE BRITISH MILITARY TOURNAMENT EARLS COURT	
10 Dec	STATUS QUO - BRIGHTON CENTRE	
19 Dec	ANORE RIEU - LG ARENA BIRMINGHAM	
02 Jan	ALADDIN WITH LILY SAVAGE 02 THEATRE	
03 Jan	SLAVA'S SNOW SHOW ROYAL FESTIVAL HALL	
05 Jan	DISNEY ON ICE PASSPORT TO ADVENTURE WEMBLEY ARENA	
05 Jan	JACK & THE BEANSTALK MAYFLOWER THEATRE	
12 Jan	STARLIGHT EXPRESS BRIGHTON CENTRE	
16 Jan	THE LION KING LYCEUM THEATRE	
18 Jan	LES MISERABLES QUEENS THEATRE	
20 Jan	RONAN KEATING BRIGHTON CENTRE	
23 Jan	THE BODYGUARD THE ADELPHI THEATRE	
23 Jan	WICKED, APOLLO THEATRE	
30 Jan	X FACTOR BRIGHTON CENTRE	
30 Jan	SINGING IN THE RAIN PALACE THEATRE	
31 Jan 14 Feb	PHANTOM OF THE OPERA MAYFLOWER THEATRE	
03 Feb	STRICTLY COME DANCING 02 ARENA	
05 Feb	JERSEY BOYS PRINCE EDWARD THEATRE	
08 Feb	CIRQUE OU SOLEIL, KOOZA THE ROYAL ALBERT HALL	
25 Feb	TOP HAT ALDWYCH THEATRE	
26 Feb	BILLY ELLIOT, THE MUSICAL VICTORIA PALACE	
28 Feb	MIDNIGHT TANGO with VINCENT & FLAVIA PHOENIX THEATRE	
6/7 Mar	LONDON THEATRE BREAK LION KING OR LES MISERABLES	
14 Mar	SLEEPING BEAUTY ON ICE THE MAYFLOWER THEATRE	
30 Mar	SAVE THE LAST DANCE THE MAYFLOWER THEATRE	
04 Apr	JOSEPH & THE AMAZING TECHNICOLOR DREAMCOAT THE MAYFLOWER THEATRE	
11 Apr	HAIRSPRAY THE MAYFLOWER THEATRE	
25 Apr	THE FULL MONTY THE MAYFLOWER THEATRE	
28 Apr	JAMES LAST & HIS ORCHESTRA BIC BOURNEMOUTH	
01 May	WALKING WITH DINOSAURS WEMBLEY ARENA	
02 May	DOLLY PARTON 9 TO 5 THE MAYFLOWER THEATRE	
04 May	THE RAT PACK LIVE THE BRIGHTON CENTRE	
08 Jun	WAR HORSE THE NEW LONDON THEATRE	
13 Jun	BURN THE FLOOR SHAFTESBURY THEATRE	
07 Aug	CHARLIE & THE CHOCOLATE FACTORY THEATRE ROYAL	

Free Cardio Event.

Check your Pulse!: Screening for stroke prevention in the over 65s

Date: Thursday 25th October 2012
Time: 2pm
Place: Nuffield Health Chichester Hospital - 78 Broyle Road, Chich[illegible], [illegible], PO19 6WB

Atrial Fibrillation (AF) is a common heart rhythm abnormality which increases with age and affects approx mately 1 in 20 of the over 65s. It is a leading cause of major stroke but this risk can be reduced dramatically by appropriate use of blood thinners (anticoagulants). Not all patients with AF have symptoms and recent guidelines have highlighted the importance of screening in the over 65s with a simple pulse check (for irregularity) and subsequent heart tracing (ECG) if AF is suspected.

In support of these recent guidelines Dr Mark Tanner will be hosting a free talk at Nuffield Health Chichester Hospital. A free pulse check and, if needed, a further ECG will be avaliable.

To book please call 0808 256 9093

Nuffield Health
hospitals

Buses still running after Countryliner Sussex Ltd cease trading

BUS services in West Sussex are running as normal this week in the wake of the regional arm of bus operator Countryliner going into administration.

Countryliner Sussex Ltd, which ceased trading on Monday, ran services in West Sussex, East Sussex and Surrey.

West Sussex County Council has put temporary arrangements in place with Countryliner and other bus operators to ensure all 12 of the routes Countryliner operate in West Sussex are fulfilled for this week.

The authority has negotiated with other operators to put short-term temporary contracts in place so all affected routes can run for the next few days.

Further announcements will be made in due course once the situation becomes clearer.

County Council Cabinet Member for Highways and Transport, Pieter Montyn, said: "At the moment our priority is to make sure schoolchildren who have no way to access other services get to and from school.

"We are working hard to minimise the disruption and keep everything running as best we can."

County Council Cabinet Member for Education and Schools, Peter Griffiths, added: "We are working very closely with bus operators to ensure school buses remain as unaffected as possible."

Countryliner Sussex ran the following services into and around Chichester: 54 Petersfield to Chichester via South Harting, West Marden and Funtington; 91, 92 and 93 Petersfield to Midhurst via Sheet, Rogate, Nyewood, South & East Harting, Trotton and Stedham.

New member wanted for South Downs National Park

THE SOUTH Downs National Park is recruiting a new Member to join its governing body. Applications have until Friday 16 November to apply for the role at the UK's newest National Park which will be appointed by the Secretary of State following national, open competition.

Trevor Beattie, Chief Executive of the South Downs National Park, said: "This is an exciting time to join the South Downs National Park. The successful applicant will take a strategic role in shaping the future of the National Park Authority as we work closely with our partners to develop a five-year Management Plan for the National Park."

Members are expected to commit a minimum of two to three days per month to the work of the National Park Authority. They are not paid for this work, but are able to claim certain allowances. The appointment is expected to commence in April 2013, or as soon after as practical.

The deadline for receipt of applications is midday on Friday 16 November 2012.

Fire service budget plans backed by County Council cabinet member

PLANS by West Sussex Fire & Rescue Service to save £2.5m have been backed by Christine Field, the West Sussex County Council Cabinet Member for Public Protection, following a 10-week public consultation.

No fire stations will be closed under the plans.

Crucially, all 40 of the Service's front line fire engines will also remain and there will be an increase in agreed attendance times. Community safety work including free home fire safety checks will continue, as will the wider role the fire service has with young people to educate about fire safety and reduce anti-social behaviour.

The Fire & Rescue Service has to save £2.5m in 2013 as part of the wider £79m that has to be saved by the County Council. The proposals, many of which came from staff suggestions, include changes to crewing for specialist vehicles and reductions in middle managers.

The Service currently has 379 wholetime and 285 retained firefighters that respond to emergencies from its 25 fire stations. A restructure would see the wholetime number reduced to 348 and 12 fewer non-operational support roles. There would be no reduction in the number of retained firefighters.

Most of the wholetime roles will be saved by reverting to the alternate crewing system for one Aerial Ladder Platform at Worthing and a Heavy Rescue Tender at Crawley, and by moving crews from Horley to merge with colleagues at Horsham Fire Station.

Consultation with staff and unions is ongoing but the Service believes the savings can be found without the need for compulsory redundancies.

Christine said the majority of people responding to the consultation had supported the proposals and that she was satisfied essential services would be maintained.

"I think people understood these were sensible proposals given the tough economic pressures on public services. The reductions in grant funding means budget cuts are inevitable, and whilst it's never easy to reduce staff, the evidence put forward by the Fire & Rescue Service has demonstrated quite clearly that essential services would continue and that risks to firefighters and the public would not increase.

"The Service's annual report published last month showed a decline in the number of injuries from accidental dwelling fires and it's important that this downward trend continues."

The decision will come into effect from today (Oct 19) at the end of the County Council's call-in period.

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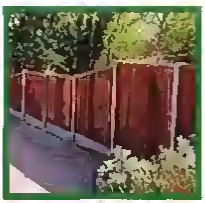

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Swinging into action for Aldingbourne

FORTY West Sussex golfers have held their very own charity fundraising golf tournament at Avisford Park Golf Course.

Despite the poor weather early in the day, enthusiastic golfers teed off on Friday 28th September and raised £776.50 for the Aldingbourne Trust, a local charity that supports adults with learning disabilities. The Trust also received a cheque for £200 to sponsor the 18th hole, the kind donation was made by Nick Swallwell from Secure Site UK Ltd.

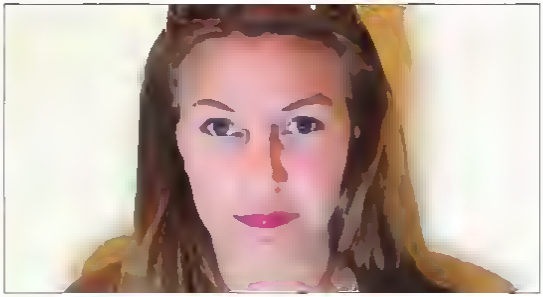
Gavin Pusey, organiser of the tournament, said: "It has been a fantastic day of golf and we had great raffle prizes. Despite the weather everyone turned up to support the Aldingbourne Trust and raise money for a good cause."

The tournament was won by Mike Shelton in the men's competition and Trish Hanks won the ladies competition, they both received a gold winner's medal, Aldingbourne clock and bottle of champagne. Dave Potter won the prize for the longest drive and the nearest pin was split between four winners: George Hamilton, Trevor Owen, Trish Hanks and Scott Wilson.

Aldingbourne would like to thank Avisford Park Golf Club and Gavin Pusey for arranging the day, and all the participants and the donators of raffle prizes. Congratulations to all the winners and runners up.

The money raised at the Golf Day will go towards the Trust's £4 million appeal, which will fund new developments at The Aldingbourne Country Centre near Fontwell, which will include a Conference Centre, Shop and Café. This new development will allow the charity to increase its self-sufficiency and continue to provide the high quality of support for adults with learning disabilities – allowing them to lead independent lives and gain employment in the community.

Chichester winner in top UK literary competition



Emma-Jane Hughes

A CHICHESTER writer has won a Highly Commended prize in the international writing competition, The Bridport Prize, one of the most prestigious open literary awards in the UK.

Emma-Jane Hughes was born in Middlesex in 1977, raised on a barge on the River Thames and now lives in Witterings with her husband and their two children.

Emma-Jane is currently running creative writing workshops in Arundel and Eastbourne, whilst completing her PhD. She remains indebted to the lecturers in the English and Creative Writing department of the University of Chichester, and to her colleagues in the Something Literary writers' group: www.winkinside.co.uk.

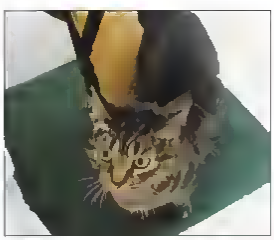
Her poem 'An experiment to ascertain the best source between two objects' was the overall winning submission to The Modern Muse – A Creative Writing Anthology published by the University of Brighton, 2012.

At the awards ceremony on Sunday 14 October Emma-Jane receives her prize for her poem entitled 'My Camel'.

The competition attracts thousands of entries, not just from the UK, but also from over 80 countries around the world.

But it was Emma-Jane's poem that took the eye of poet and competition judge, Gwyneth Lewis: "I was looking for that electricity which plays along the surface of language under the usual pressure – whether that be exerted by originality, intelligence, awareness or all the above."

Don't forget Open Day and Christmas Fayre



DON'T FORGET OPEN DAY AND CHRISTMAS FAYRE THIS SUNDAY!

GOOD NEWS: LAVENDER, MATILDE & COLLEEN, AND PUDDEY HAVE HOMES!

Cats waiting for a home

- MacKayla is a small friendly 1 year old, green eyed, fluffy tabby female
- Friendly, people loving 12 year old Jack and 14 year old Smudgey are black and white, used to children and arrived in May
- Leonoo is a gentle friendly 1 year old male with a smooth silky black coat, and he has been waiting 17 months
- Chester and Terence are friendly 1 year old black and white males. Can be rehomed together or separately

Cat and Rabbit Rescue Centre

- KF 162-11 (Betty Boo) is a short haired 1 year old dark torty female. Slightly timid, she needs a home with someone with time to spend with her to new surroundings
- Two attractive 1 year old brindle torties Marigold and Pansy need a home together
- KF06-12 and KM07 12 are attractive 10 month old brother and sister. Both long haired and friendly, the female is torty and white and the male is black and white

Cat & Rabbit Rescue Centre, Christmas Fayre & Open Day, Sunday 21st October 11am - 3pm. Entry £1 inc some cat/rabbit food, Free Park & Ride from Sidlesham Football Club(Follow B2145 to Sidlesham) Disabled parking only at Centre

The usual Cat and Rabbit Rescue Adoption Terms and Conditions apply. Free vet insurance for 4 weeks is provided. The Rescue asks for a minimum donation of £45 which includes vaccination, microchipping, and neutering. Visits to Cat and Rabbit Rescue Centre are strictly by appointment, Tel: 01243 641409.

Cat and Rabbit Rescue Centre, Halfburrow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.catre.co.uk

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The next stage of the Midhurst Community and Leisure Centre begins

THE NEXT stage of the building works to the Midhurst Community Leisure Centre has started.

Sheet piling, as part of the foundation works, will start on site for approximately seven working days. There is a significant civil engineering activity and will create some noise however, specialist equipment will be used to minimise disruption.

The work will take place at the Northern end of the site and the Grange Road entrance will be closed to prepare for this phase of the project. Access to the car park will be through Easton Road.

Local residents can talk to the construction company behind the project at a 'Meet the Builder' event at The Grange Leisure Centre on Wednesday 24 October between 11am and 1pm. Residents can ask questions of the project team from Leadbitter, look at drawings and find out more about the construction programme. Light refreshments will also be available.

The project has also been registered with the 'Considerate Constructors Scheme', which will independently monitor the project against their Code of Considerate Practice.

This sets standards for neighbourliness, cleanliness and environmental care, designed to encourage best practice.

"The Midhurst Community and Leisure Centre project is progressing really well. The construction company Leadbitter are doing everything they can to minimise disruption to local residents and they are about to start on the next phase of the project, which is great news," says Jane Hotchkiss, Assistant Director for Leisure and Wellbeing at Chichester District Council.

"Unfortunately, due to the scale of the project, there will be some disruption to car parking in The Grange car park during the construction process. However, we aim to keep this to a minimum and are currently working on a number of solutions that we hope will provide more spaces.

"We hope that people will bear with us during this time and we look forward to delivering a fantastic new facility. Once the development has been completed there will be an additional 72 car parking spaces available – taking the total to 303 spaces."

Local girl goes "back to school" to mark first-ever 'Day of the Girl'

A 25-YEAR-OLD from Emsworth returned to her Portsmouth school this week, to compare pupils' ambitions to those of a similar class in Southern Africa.

Georgina-Kate Adams asked fifteen 15-year-olds at all-girls school Portsmouth High five questions about where they saw themselves in fifteen years' time. Meanwhile, a class in Swaziland (including the 15 year-old girl Georgina Kate sponsors there) completed the same exercise.

The children were asked to share their ambitions to mark the first-ever, international Day of the Girl today (11 October) – a global day of recognition, to speak out against gender bias and highlight the importance of girls' education, particularly in the developing world.

Georgina-Kate undertook the exercise as part of her recently-founded fundraising project The Seed, Africa. Launching officially at the end of the month, she is aiming to raise £6,500 to send the Swazi girl she met on a volunteer to boarding school, to help her become a doctor.

The Mayor of Havant has expressed his support for the campaign and Day of the Girl, and at 7.50am Thursday, Georgina Kate and a girl from Portsmouth High will give a live interview on BBC Radio Solent.

Georgina Kate, a freelance journalist, said: "It is now recognised that when you educate a girl in the developing world, her whole community benefits. This is one of the most powerful ways to stop the cycle of poverty in its tracks.

"Day of the Girl is a fantastic opportunity to raise awareness of this – and speaking to girls at my old school and in Swaziland clearly highlighted the differences in opportunity.

"By fundraising for one scholarship for one girl in Swaziland, The Seed, Africa aims to plant a seed to change the world."

Georgina Kate with her sponsored [illegible]

Go Wild With Ed

Welcome to Chichester Harbour Area of Outstanding Natural Beauty. The harbour is a great place to get close to nature. Each month Ed Rowsell, Conservation Officer for Chichester Harbour Conservancy, gives a brief update on what you should be looking for as you explore the harbour by land or foot.

Ed Rowsell

Birds

The first of the dark bellied Brent Geese will soon arrive back in the harbour. They have been sighted in small numbers coming down the English Channel. The numbers will build to around 10,000 by December, which represents about 5% of the world population.

Around 70 of the 90 Ringed Plover which were equipped with coloured rings have been resighted. The rings enable the individual birds to be identified in the field as part of a project investigating the causes behind their recent decline. Most of the resightings have been local, but records from Rye to East Sussex, Holland and Germany have been received.

Mammals

As the nights start to get colder many mammal species will be preparing for winter. Fox and Stoats will be growing a thicker winter coat and Red Deer will change from their russet red summer pelage to a grey winter coat.

Invertebrates

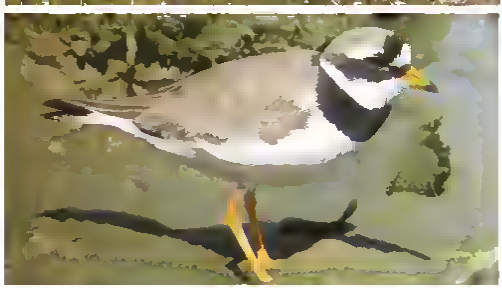
While the weather is still fairly warm butterflies such as Speckled Wood, Small White and Peacock are still flying. Some migrant butterflies are still arriving including Red Admiral and Clouded Yellow.

Plants

The strange weather conditions seem to have messed up nature's clock a bit, with lots of plants still flowering. The pale sea poppy type yellow plant on road verges is Toadflax. A few plants such as Sea Aster are still flowering. Over the next month various deciduous trees take on their characteristic colours prior to shedding their leaves. Expect a riot of colours, the yellow of Field Maple, red of Guelder Rose and bronze of Oak.

Sightings

Please report any interesting sightings to the Harbour Office, particularly of colour ringed birds and Brent Geese feeding in fields. www.conservancy.co.uk 01243 512301.



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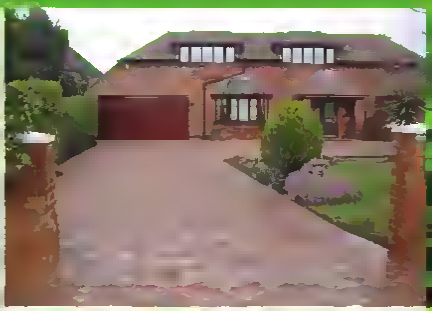

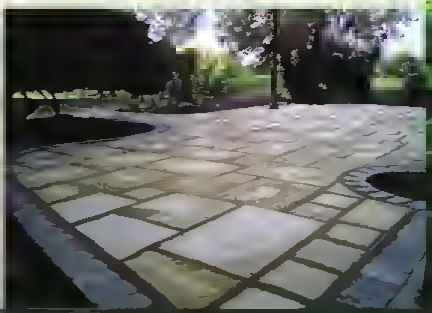

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The Duchess of Richmond becomes patron

FOLLOWING a stunning concert at Goodwood House during March 2012 and a personal invitation from the University of Chichester Chamber Orchestra's musicians, The Duchess of Richmond has confirmed she would be delighted to be the orchestra's patron. The concert had raised thousands of pounds for the Duchess' charity, the NSPCC, as part of the orchestra's considerable charitable work.

In a touching, personally written letter the Duchess said it would be a privilege to be involved with such 'excellent and enthusiastic musicians'. This exciting development is yet another feather in the cap of the thriving chamber orchestra which this year alone has toured both the U.S and Europe, played at Goodwood House as well as London and the home counties. In 2013 the chamber orchestra is also set to record their music at the world famous Abbey Road studios in London. Gaining both the experience of recording in a studio, as well as giving the students the opportunity to produce a commercial recording, the experience will be a memorable one for the musicians.

Fashion on the menu

FASHION meets Food on Tuesday the 23rd of October, as Chichester City restaurant Amelie & Friends team up with designer ladies wear store Stephen Lawrence, to raise funds for Breast Cancer.

Guests at the exclusive event will enjoy a fresh, indulgent three course meal, followed by an upbeat 15 minute fashion show through the restaurant, with models styled with fabulous picks of the current season's collections.

Brands will include Joseph, Nicole Farhi, Joseph Ribkoff and Vic Motie, which are all stocked by the Chichester fashion house. Goodie bags and discounts off of future purchases are amongst the additional treats in store for all that attend, including the chance to win a voucher for £250 donated by Joseph Ribkoff in a raffle to raise funds for the Breast Cancer charities.

Showcasing two pieces of bespoke art from a young, vibrant and extremely talented local artist Rosanne Ramsay too, who is currently studying Fashion Illustration at The London College of Fashion, the vibrancy of the evening will be sure to delight the eyes as well as the bellies of all that attend.

Tickets are priced at just £25.00 and are available to buy from Amelie & Friends. However availability is limited as the event is expected to be sell-out.

For further information on the event and to purchase your tickets before they all go, please contact Amelie & Friends on 01243 771444.

» **Chichester Herald** is a free weekly newspaper available for self-selected pick-up across the city of Chichester in a wide variety of locations with a weekly readership of up to 75,000

Additionally, every business in the city centre receives a copy every Friday

Providing a combination of both local and national news, Chichester Herald is a well designed and easy to read publication appealing to a vast range of individuals throughout the city.

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Local legend signs out at Goodwood

GOODWOOD Racecourse was pleased with their closing Season Finals (Oct 14) which attracted 10,028 racegoers, a noteworthy 42% increase

A flying start was guaranteed following an exclusive Vickers Supermarine Spitfire display by pilot Matt Jones providing racegoers with a 15-minute eye-watering show

The quality of racing was highly competitive with players from both codes – Flat & Jump – on-course on a stunning October Sunday and a declared runner for HRH The Queen

Goodwood's most prolific winning trainer Mark Johnston, took the opening race, the historic Betfred Bigger and Better Goals Galore Aldarbrook Stakes for National Hunt jockeys, with Tartan Jura ridden by Jason Maguire. A competitive finish resulted in Jason receiving a two-day suspension for careless riding (29 & 30 October)

A presentation was made to the legendary John Dunlop who hands over the reins of Goodwood Racecourse Owners Group to William Knight and retires from racehorse

John Dunlop

training at the end of the season

On receiving his limited edition Joe Weatherhead print of the Goodwood Estate from Lord March John Dunlop says "It's been a privilege to be associated with Goodwood which has provided me with some tremendous memories

"I am especially proud to have given the Maktoum family their first ever winner (HATTA) nearly thirty years ago and to have trained over 3,500 career winners, 205 of those achieved at Goodwood and 42 Glorious successes so I am told!"

Other winners on the day included 3-1 favourite Don Marco trained by Roger Charlton and Amanda Perrett's Empiricist was impressive over seven furlongs which sadly saw John Dunlop's Shaloha badly hampered Jockey William Buick was treated to double victories on board Nichols Canyon for John Gosden and NicholasCopernicus for Ed Walker – both easy winners with a two length leads

A fairy tale finish was denied for the final race of the season, The Lavant House School Diamond Jubilee Stakes, with John Dunlop's Estebaan, 5-1 second favourite, outpaced in the finish by Derek Haydn Jones-trained First Post.

Goodwood's Head of Marketing Bradley Ecclestone adds "Today has been a glorious finale with an emotional ending. The Goodwood team wish John Dunlop a happy retirement and thank him for his dedicated support."

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Ruby Sparks (15)

FOUR out of Five stars

Running time: 104 mins
Director: Jonathan Dayton, Valerie Faris
Starring: Paul Dano, Zoe Kazan, Annette Bening, Antonio Banderas, Steve Coogan, Elliot Gould, Chris Messina, Deborah Ann Woll

Deceptively light and frequently laugh-out-loud funny on the surface, Ruby Sparks is a hugely enjoyable, superbly written and brilliantly acted fantasy relationship comedy that eventually reveals a much darker undercurrent and is ultimately both thought-provoking and powerfully emotional.

What's it all about?

Co-directed by Jonathan Dayton and Valerie Faris (Little Miss Sunshine) and written by Zoe Kazan, Ruby Sparks stars Paul Dano (Kazan's real life partner) as single 29 year old Cal, who is still struggling with writer's block ten years after having written an acclaimed first novel. Encouraged by his therapist (Elliott Gould) to complete an exercise, he writes about Ruby Sparks (Zoe Kazan), a girl he has seen in his dreams, only for her to magically appear in his apartment, unaware that she is his creation, her personality dictated by whatever he writes.

At first, Cal naturally thinks he's cracking up but when it turns out that other people can see and interact with Ruby too, he accepts his good fortune and the pair fall in love. However, when Ruby starts to have opinions and desires of her own, Cal begins to subtly tweak her personality, with disastrous results.

The Good

Paul Dano is terrific as Cal, managing to keep him just the right side of sympathetic, even when his manipulating behaviour spirals out of control. Similarly Zoe Kazan is utterly adorable as Ruby and there's superb support from Chris Messina (as Cal's brother Harry, who in Cal lets in on his secret), Steve Coogan (as Cal's slightly sleazy literary mentor) and Annette Bening and Antonio Banderas (as Cal's parents), as well as brief but memorable turns from Aisha Hinkshot (as an obsessive fan) and Deborah Ann Woll as Cal's ex-girlfriend.

The Great

The clever script has a lot of fun with its central conceit, including a brilliantly executed dig against the Manic Pixie Dream Girl-type characterisation of so many sub par romcoms, at one point Cal writes that Ruby is deliriously happy about everything and the character descends into a rapidly irritating and distinctly familiar cliché.

That said, the strength of the script is that although its surface resembles a quirky feelgood fantasy romcom and is frequently laugh out loud funny, there's actually something much darker and more disturbing going on underneath and the climax of the film (complete with a deceptively ambiguous final scene) is both thought provoking and powerfully emotional.

Worth seeing?

Impressively directed and superbly written, Ruby Sparks is a hugely enjoyable, thought-provoking and darkly funny fantasy relationship comedy with terrific performances from Paul Dano and Zoe Kazan. Highly recommended.

Rotary Club of Chichester Priory

Charity Sponsored
Dog Walk & Fun Show
in aid of
BBC Children in Need

- Date: Sunday 21st October 2012
- Venue: Start and finish Lavant Village Green
- Times: - Walk 10.00am - Show 12.30pm
- Routes: Short (2.2m) and Longer (4m) routes
- Entry Fee: £5.00 per dog for walk
- Plus £1 for each Dog Show category entered
- Plus sponsorship (forms available)
- Information: 01243 527739 rotary.pudsey@gmail.com

Come join me

Fun Dog Show categories—
1. Most handsome dog
2. Prettiest bitch
3. Dog most like owner
4. Waggiest tail
5. Dog the judge would most like to take home

Biscuits and Bites from Pets at Home

Rosettes by Louise at Dirty Dogz

Some of our 2011 entries

This is a fun and fellowship event giving both you and your dog some healthy exercise and an opportunity to show off whilst raising money for BBC Children in Need appeal on 16th November this year. Come and see Pudsey Star. Enter your dog into our fun parade. £5.00 per dog entry plus as you can get family and friends to sponsor your dog. Request sponsorship form from us. Start at Lavant Village Green near Chichester. Circular routes of 2.2mile or 4mile distance with Paisley markers and course, quiz questions and you will even receive some hot soup and crusty bread or tea/coffee on your return for the two legged walkers and water and dog cake, goody bags and rosettes for the dogs on their return. Sponsorship by local vet(s), pet shops, Observer etc. Open to all dog walkers and wannabee dog owners by sharing dog handling.

Dogs are to be kept on a lead and all owners are responsible for their dogs and any resultant personal injuries sustained during the walk.

RUBY SPARKS COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question

Q. PAUL DANO, STAR OF RUBY SPARKS, HAS WORKED WITH THE DIRECTORS BEFORE - ON WHAT FILM?

A) LOOPER
B) LITTLE MISS SUNSHINE
C) THERE WILL BE BLOOD

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 23rd October at midday. The winner will be notified later on that day.

- Last weeks winner is Kay Marson from Chichester

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester,
PO19 8EL - 0871 200 2000

The Bobby Locke Junior Open

JOIN Goodwood on Sunday 28th October 2012 for the Bobby Locke Junior Open in association with Mini Drivers@Goodwood

Taking place on the historic Downe Course, this 18 hole medal is open to all golfers under 18 years of age* with a handicap limit of 28 for boys and 36 for girls

Tee times are between 12.00 and 1.30pm and the entrance fee is just £20, inclusive of a meal and prizes.

The best scratch handicapped girls score will win the chance to drive a MINI on the famous Goodwood Motor Circuit, driving in the tyre tracks of legends Mini Drivers@Goodwood is specifically designed programme for young people who have yet to pass their driving test, or indeed have yet to get behind the wheel of a car For further information on the exciting programme go to www.goodwood.com/minidrivers

The closing date for entries is Monday 22nd October 2012. Please note that a signed parental/guardian consent form must accompany the entry form For more information or to request an entry form, please contact the club on 01243 755133 or email golf@goodwood.com.

* Entrants must be 18 years of age on 1st January 2012 Please note competitors need to be 1.5m/4ft 10" or taller to qualify for the prizes

How about a day of creative writing in Chichester Harbour?

FOLLOWING on from the success of Chichester Copywriters Writers Retreat Weekend last August and one day creative writing workshop with poet Denise Bennett last November, both set in this wonderfully inspiring Chichester Harbour the local copywriting business is organising a one-day writing workshop for those interested in writing for young adults this November

Writing for Teenagers and Beyond with Penelope Bush will take place at College Activities Centre, Chidham, or Chichester, on Saturday 10th November from 10.00 am to 5.00 pm This one day intensive course is designed for those who are interested in the nuts and bolts of writing and should act as a creative springboard for writers, both beginners and those with some experience, to go on and develop their own work.

The author lives in West Sussex and has an MA in Creative Writing, You can find out more about Penelope and her books at www.penelopebush.com

Save 10% when you mention The Chichester Herald!

Writing for Teenagers and Beyond with Penelope Bush, in collaboration with Chichester Copywriter, costs £65 for a full day of writing tuition and exercises This includes a delicious homemade lunch and refreshments and is limited to just 15 people so that you get the most possible from your experience

Please email Katy@ChichesterCopywriter.co.uk or call 01243 533421 to find out more or to book your place today Mention "The Chichester Herald" when booking and you will save 10%

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Sat 20 Oct: 13.30 Untouchable, 16.00 Liberal Arts, 18.15 Killing Them Softly, 20.30 Untouchable

Sun 21 Oct: 13.15 Hitchcock The Lady Vanishes (U) 97m, 15.30 Untouchable, 18.00 Untouchable, 20.30 Killing Them Softly

Mon 22 Oct 12.15 Killing Them Softly, 14.15 Liberal Arts, 16.30 Untouchable

Tue 23 Oct: 13.30 Untouchable, 16.00 Killing Them Softly, 18.15 Liberal Arts, 20.30 Untouchable

Wed 24 Oct: 12.00 Killing Them Softly 14.00 Ordet (12A) 126m, 16.30 Untouchable

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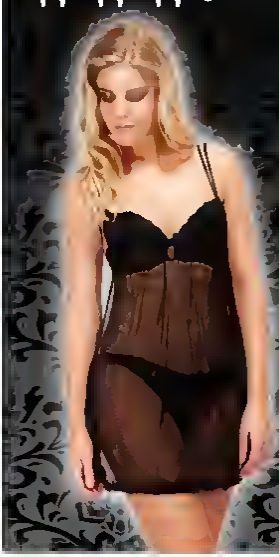

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SATURDAY'S TV 20.10.12

CHOICE

Sunetra Sarker

Casualty
BBC1, 9.10pm
It s n disastrous day for Zoe. One minute she is doing her shopping, the next she s struggling to deal with a suspected E-coli outbreak when shop-worker Simon collapses. To make matters worse, she s nearly run down by an elderly driver seeking help for his sick wife and Ms Hanne s TV interview regarding the outbreak is taken out of context, creating bad blood for the staff. Meanwhile a young lad merrily playing in a bottling factory has a narrow escape when he gets his hand caught in a conveyor belt. Sunetra Sarker heads the cast.

BBC1

6 00 Breakfast. 10 00 Saturday Kitchen Live. 11 20 Nigellissima. (R) 12 00 BBC News. Regional News. Weather. 12 10 Football Focus. 1 00 Report. Hunt (R) 1 30 Racing from Ascot. 4 50 Final Score. 5 20 BBC News. Regional News. Weather. 5.40 Pointless. Celebrities.

6 50 **Strictly Come Dancing.** The pre-celebrity complex take their inspiration from the silver screen in this movie-themed show with the judges deciding who is a blockbuster and who is a box-office flop. The results are tomorrow at 7 20pm.

8.25 **Merlin.** A stranger gives Arthur the power to summon the dead so he seizes the chance to speak to the person he misses most... his father. Uther Pendragon.

9 10 **Casualty.** Zoe struggles to deal with the fallout of a suspected E-coli outbreak and Dylan is tormented by an elderly patient who has lost his beloved wife.

10.00 **The National Lottery Saturday Night Draws.** Mylene Klass presents live from National Lottery HQ as the all-important winning numbers are revealed. Incl nes the results of the Lotto and Thunderball draws.

10 10 **BBC News.** Weather.

10 30 **Match of the Day.** Gary Lineker presents highlights of today's Premier League clashes, which comprised Tottenham Hotspur v Chelsea at White Hart Lane and Manchester United v Stoke City at Old Trafford; National Lottery Update.

12.00 The Football League Show.
1 20 Weatherview. 1 25 BBC News.

BBC2

6.00 Cbeebies. 7.00 CBBC. 12.05 Film: Apache Territory (1958). 1.15 Film: The Deadly Companions (1961). 2.45 Live International Rugby League. 5.00 Wartime Farm.

6 00 **Escape to the Country.** Presenter Jules Hudson helps a newly married couple find their dream home in the Shropshire countryside on a budget of £400,000. (R)

6.30 **Flog It! Paul Martin visits** Weymouth, Dorset, to meet people eager to sell their antiques at auction. He also discovers various items in the loft of Portland's famous stone. (R)

7.30 **Hurt in Britain.** Exploring the portrayals of domestic servants on TV, asking why nutmeg, nipples and pennies are still found in programmes after the decline of their roles in real life. (R)

8 30 **Dad's Army.** Captain Mainwaring lets Frazer take charge of the platoon gambling that in battle of authority will give him a more responsible attitude. (R)

9 00 **QI XL.** Stephen Fry hosts an extended version of the quiz, with Jack Whitehall, Jimmy Carr, Cat Wilson and Alan Davies answering fiendish quantum-related points.

9 45 **The Thick of It.** Nine-long episode of the political comedy. Politicians from both sides of the House are under pressure as they appear before an inquiry into the suicide of the key worker.

10 00 **Film: Kill Bill: Vol 1** (2003) Martial arts thriller starring Uma Thurman.

12 30 How the Brits Rocked America. Go West. 1 50 Film: Darkness. (2002) 3 05 Close.

ITV1

6.00 ITV: CITY. 9.25 ITV News. 9.30 The Jeremy Kyle Show. USA. 11.25 The Jeremy Kyle Show. USA. 11.20 Dinner Date. Australia. 12.15 ITV News. Weather. 12.25 All Star Family Fortunes. (R) 1.25 Film: Stop! Or My Mum Will Shoot. (1992) 3.00 Film: Star Wars: Episode I - The Phantom Menace. (1999) 5.35 Regional Programmes. Weather. 5.50 ITV News. Weather.

6.05 **New York Town Framed!** Comedian Harry Hill narrates a fresh selection of comical clips filmed by viewers on their camcorders, mobile phones and webcams.

6 35 **Foul Britannia.** Hidden-camera pranks with Dom Joly. Last in the series.

7 05 **Take Me Out.** A plasterer from Sheffield, an Essex student, a van driver from Birmingham and a Londin bouncer vie for the affection of sixteen 30-something women and win a date. Paddy McGuinness presents.

8 20 **The X Factor.** The third live studio round, with the four judges and voting public alike eager to experience more heart-stopping vocal performances by the contestants. Dermot O Leary hosts. The results are tomorrow at 8pm.

10 20 **The Jonathan Ross Show.** With David Mitchell, Bradley Cooper, Steven Tyler, Jim Perry and Emeli Sande. Last in the series.

11.20 ITV News. Weather.
11.35 **Film: Jarhead** (2005) Gulf War drama, starring Jake Gyllenhaal.

1 45 The Store. ITV News. Headlines. 3 00 Lefkon to Lady Australia. (R) 3 50 N ghtscreen. 5 00 ITV Morning News.

CHANNEL 4

6 10 The Ho se. (...) 5.35 The Hunts. (R) 7.00 British Formula Ford. 7.25 Freestyle Hard. (R)

7.55 The Morning Line. 8.55 TT: Elite Greatness. iTunes Festival 2012 Special. (R) 9.25 T4: Made in Chelsea. 11.30 T4: Escape to the Sticks. T4: Sunday Night. 11.55 T4: The Big Bang Theory. (R) 12.20 T4: The Big Bang Theory. (R) 12.50 T4: The Big Bang Theory. (R) 1.25 T4: The Simpsons. (R) 1.55 Channel 4 Racing. 3.35 Come Dine with Me. Ireland. 4.25 Come Dine with Me. Ireland. 4.55 Come Dine with Me. Ireland. 5.25 Come Dine with Me. Ireland.

5.25 **Celebrity 4 News.**

7 00 **Comedy World Cup.** David Tennant hosts the second semi-final which sees Jason Manford, Rasil Chowdhury and Nicholas Parsons facing Phill Jupitus, Craig W liam Holden and Phil Richardson.

10 20 **CSI: Miami.** Horatio and the team investigate the murders of two former members of a sorority and enspect a third woman who was born hatred years earlier by the v ctims. Guest starring Bo Derrik.

11 15 **CSI: Crime Scene Investigation.** Three teenagers are murdered with a putting ng posters to promote the ir big day. Gar Dallar raising fears that competition between rival rappers has taken on a deadly dimension. (R)

12 10 SuperCauses. Live interactive gaming. 4 00 House Doctor. Home Improvements. (R) 4 25 Dawn Designs. British reality cons ant. (R) 4.50 Rough Guide to Islands. (R)

5 00 Hana s Helpline. (R) 5 10 The Milkshake Show. (R) 5.35 Thomas & Friends. (R) 5.45 Roary the Racing Car. Mr Gartchester wants to be more modern. (R)

CHANNEL 5

6.00 Milkshake! 10.00 Power Rangers Samurai. 11.30 Batman: The Brave and the Bold. 11.55 Dallas. (R) 11.55 CSI: NY. (R)

12.50 CSI: NY. (R) 1.45 Film: Murder Among Friends. (2001) Detective thriller, starring Greg Evigan. 3.30 Film: Deadly Honeymoon. (2010) Mystery starring Zoe McLellan. 5.10 5 News Weekend. 5.15 Film: El Dorado. (1966) An ageing gunfighter and a drunken town sheriff are drawn into the conflict between a land-grabbing cattle baron and a ranching family. Western with John Wayne and Robert Mitchum.

5.25 **Celebrity 4 News.**

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DIGITAL

BBC Three

1 00 World's Craziest Fools 1.30 Match of the Day Live. Women's International Football: France v England (Kick-off 7.05pm) 10 00 Live at the Apollo 10 30 Russell Howard's Good News Extra 11 15 Family Guy

BBC Four

7 00 Human Planet 8.00 Horizon: Global Warming 9.00 Inspector Montalbano 10.45 The Final Front er? A Heaven On Earth in the Universe 11.45 Crime and Disorder with Jim Al Khalili

ITV2

3 10 Thn Hit Factory: The Stock Aitken & Waterman Story 4 10 The X Factor USA 6 10 Film: Mr Bean's Holiday (2007) 8 00 Film: Blackjack: the Ballad of Flint Mc Que (1996) 10 20 The Xtra Factor 11 20 Take Me Out: The Gossip

ITV3

3.50 Agatha Christie's Poirot 6 00 Minder. She Writes 7 00 Foyle's War 9 00 Endeavour 11 05 Film: Arthur 2: On the Rocks (1988)

ITV4

2.30 Film: Support Your Local Sheriff (1969) 4.25 British Superbike Champ onsh p Highlights 6 00 Superleague. When Britain Ruled the World 7 00 The Sweeney 8 00 Minder 9 00 Film: Highlander (1986) 11 20 Film: Midnight Run (1988)

E4

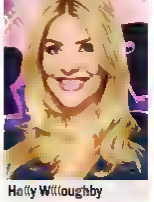
4 20 Rules of Engagement 8 30 Scrubs 9 00 The B g Bang Theory 7 50 Sudoneyetry 8 20 Film: Jumper (2008) 10 00 Film: 26 Weeks Later (2007)

Film4

3 15 Jonnas and the Giant Peach (1996) 4 50 Thn Nutty Professor (1963) 6 00 Drillbit Taylor (2008) 8 00 In Her Shoes (2005) 11 35 Final Destination 3 (2006)

SUNDAY'S TV 21.10.12

CHOICE



Holly Willoughby

Surprise Surprise
ITV1, 7pm
Holly Willoughby will be giving members of the public the biggest surprise of their lives as Cilla Black s classic show returns - minus the flame-haired diva herself. We have been promised a number of tear-jerking surprises and dramatic family reunions as Holly and guests help make some dreams of a lifetime come true. In the opener, a soldier faces his biggest fear - and a friend gives his best mate the gift of life. The Saturdays surprise a devoted fan and a couple are reunited with something very special after more than four decades.

BBC1

8 00 Breakfast. 1.30 Match of the Day. (R) 3 00 Thn Andrew Marr Show. 10 00 Sunday Morning Live. 11 00 Sunday Politics. 12 15 Ex nd. The Ugandan Asian Story. 12 45 Countryfile Tracks. (R) 1.40 Racing in Kent. (R) 2 00 Escape to the Country. (R) 3.25 Nolitre's Miracle Babies. (R) 4 25 Lifeline. 4.35 Points of View. 4 50 Songs of Praise. 5 30 Nigel Slater's Dish of thn Day. (R)

6 00 **BBC News.** Regional News, Weather.

6.20 **Countryfile.** Thn campaign to save Beachy Head lighthouse's red and white stripes.

1.20 **Strictly Come Dancing: The Results.** Twn more couples perform thn dance-off and Darcey Warnock sings.

8 00 **Antiques Roadshow.** The experts return to Port Sunlight on the Wirral, where objects, nclude a stash of advertising signs found on a tip, religious paintings and part of an Apollo spaceship. Fred Inston viewers can play along by guessing the valuations.

9.00 **Andrew Marr's History of the World.** Thn growth n trade and thn spread of capitalism.

10 00 **BBC News.** Regional News. Weather.

10 20 **Motet of the Day 2.** Incinding high glnn of Sunderland v Newcastle United.

11 35 **The Graham Norton Show.** (R)

12 10 **Film:** Dnn Dead Gorgeous (1999) 1 40 Weatherview. 1 45 Sign Zone. The Choir: Sing While You Work. (R) 2 45 Hetty City. (R) 3 45 The Paradise. (R) 4 45 BBC News.

BBC2

6.00 Cbeebies. 1.00 CBBC. 8.30 Live MotoGP. 10 00 Saturday Kitchen Best Bites. 11 30 The Great British Bake Off. 12 00 Weather for the Week Ahead. 12.35 MotoGP. (R) 2 05 Triathlon. 4.30 Flog It! (R) 5 30 Indian Ocean with Simon Reeve. (R)

8 30 **Fawlty Towers.** Basil goes behind Sybil's back to save money on structural alterations to the hotel - but ends up paying dearly for his underhand tactics. John Cleese stars. (R)

9.00 **Top Gear.** Jeremy Clarkson, Richard Hammond and James May try to go motor racing for less than it costs to play golf. With rank riot of Slash and F1 driver Kimi Raikkonen. Last in the series. (R)

9 00 **Natural Universe: The Hidden Life of the Cell.** Documentary showing what happens to a single human cell as it comes under attack from a virus, demonstrating how it defends itself from the hostile organism. David Tennant narrates.

9 00 **Dragons' Den.** Ideas and products being pitched to the panel include an online store for second-hand goods, a human-themed paintball experience and a dark chocolate.

10.00 **You've Been Trumped.** Documentary about homeowners taking on American billionaire Donald Trump's plans to build a huge golf resort on an environmentally sensitive site in Aberdeenshire.

11.30 **Heathcare.** (R)

12 00 Never Mind the Buzzcocks. (R) 12 50 Film: Scenes of a Sexual Nature. (2006) 2 00 BBC News.

ITV1

6.00 ITV: CITY. 9.25 ITV News. 9.30 House Call. (R) 10 25 There's No Taste Like Home. (R) 11.20 Dick and Dom's Real Deal. (R) 12.25 ITV News. Weather. 12.35 Minder. Slim Wrecks. (R) 1 30 The FA Cup Draw. 2 00 The X Factor. (R) 2 15 The Home of Fabulous Cakes. 5 00 Downton Abbey. (R)

6.00 **Cornwall with Caroline Quentin.** The owners of a beach cafe prepare a seafood panlin. (R)

6.30 **Regional Programmes.** Weather.

6.00 **ITV News.** Weather.

1 00 **Surprise Surprise.** New parties. Holly Willoughby takes over hosting duties from Cilla Black in this return of the show that makes dreams come true. Featuring the Saturdays and Jessie Ballon.

8 00 **The X Factor Results.** Dermot O Leary announces the outcome of the viewers phonn n and the two least popular acts have to sing for survival.

9 00 **Downton Abbey.** Tempers fray as a land gestnre by Isobel backfires. Mary fights Branson's corner when his decisions are put under scrut ny and Robert and Cora's old enemy suffers.

10 00 **ITV News.** Weather.

10.20 **Piers Morgan's Life Stories: Felicity Kendal.** The actress talks about her eventful personal life. (R)

11 20 **Strictly Kosher.** Conclusion. Rennelle Clarke talks about thn Jewish mourning period.

12.15 The Store. ITV News. Headlines. 2.10 British Sngerl/kn Championship. Highlights. 2 30 Motorsport UK. 4.20 Nightscreen. 4 30 ITV Morning News.

CHANNEL 4

6.00 The Treacle People. (R) 6 10 The Hunts. (R) 6 35 Thn Hunts. (R) 1 00 Channel 4 Presents Hannah. (R) 7 00 Terrex Adventure Race. 8 00 Will & Grace. (R) 8.30 Friends. (R) 9 00 Boxset. (R) 9 50 Sunday Brunch. 11 55 The Big Bang Theory. (R) 12 25 The Big Bang Theory. (R) 12 50 The Simpsons. (R) 1 25 The Simpsons. (R) 1 55 Film: Star Trek: Insurrection. (R) 3 50 Deal or No Deal. 4 50 Comn D ne with Mn (R) 5 55 Channnl 4 News.

6 40 **Film: Inkheart** (2008) Rimmere. A man able to bring books to life accidentally lets a fictional villain into thn real world. Fantasy adventure starring Brendan Fraser, Andy Serkis and Helen Mirren.

8 00 **How Britain Worked.** New series. Engineering enthusiast Guy Martin celebrates the workers of the industrial Revolution by re-creating some of the 19th century's most impressive technical achievements.

9 00 **Nameless.** Cesrin prepares for what she hopes is her terminal battle with the CIA while Betty learns the Gettysburg bomb-maker is on a terrorist watch list.

10.00 **Friday Night Dinner.** Mnm and Dad are not on speaking terms after an argument.

10.30 **Film: Ghost.** (1990) A murdered banker's spirit enlists the help of a fake psychic to help his girlfriend bring his killer to justice. Romantic fantasy starring Demi Moore.

12.55 American Football Live. 4 45 Final Fnnnings of the Sporting Mind. (R) 4 50 Grndrn Mnsch. (R) 5.00 Cnnnittown. (R) 5 45 Baking Mad with Eric Lanlard. (R)

CHANNEL 5

6 00 Milkshake. Peppa Pig. 6.05 Roary the Racing Car. (R) 6 15 Fin and Ihn Reverhnts. (R) 6 25 Emi and Emin's Great Adventures. (R) 6 39 Thn Mr Men Show. (R) 6 45 Dastn Farm. (R) 6 50 Angry Birds Flying Fairy School. (R) 1 10 Rnobarb and Custard Too. (R) 1.30 Bananas in Pyjamas. (R) 7 25 Play! (R) 7 30 Noddy in Toyland. (R) 7 45 City of Friends. (R) 7 55 Little Princess. (R) 8 10 The Adventures of Sette Toy Pet and his Best Friend Soby. (R) 8 25 Angelina Ballerina. 8.40 Rupert Bear. (R) 9.00 Ben and Holly's Little Kingdom. (R) 9 15 Toby's Travelling Circus. 9.30 Roary thn Racing Car. (R) 9 45 Jelly Jamm. (R) 10 00 Great Birmingham Rnn. 12 00 Looney Tunes. (R) 12 00 Highland Emergency. (R) 12.35 Cowboy Builders. (R) 1 35 Film: Rnn with Dick and Jane. (2005) 3.20 Film: Simpsons in Seattle. (1989) 5 20 Film: Dnmbo. (1941)

6 45 **5 News Weekend.**

9 50 **Film: U-571** (2000) American forces board a Nazi submarine in thn hope of seizing an Enigma cnnphng machine. Second World War adventure starring Matthew McConaughey.

9 00 **Film: The Book of Eli.** (2005) Premiere. A man travels across post-apocalyptic America carrying a rare book believed to hold the key to mankind's future. Action adventure, with Denzel Washington.

11 20 **Film: Collateral Damage** (2002) Action thr ller with Arnold Schwarzenegger.

1.30 SuperCasino. 4.00 The Fbi Files. (R) 4 45 Rough Guide To. (R) 5.00 Nana's Helpline. (R) 5 10 The Milkshnkrnl Show. (R) 5 25 Thomas & Friendn. (R) 5 45 Roary the Racing Car. (R)

DIGITAL

BBC Three

7 00 Be Your Own Boss 8 00 Gavin & Stacey 9 00 Snn. Sex and Singletons. Parentn 10 00 American Dad! 10 45 Family Cny 11.25 Cnnkn 11 50 Russell Howard's Good News

BBC Four

7 00 The Grammar School: A Secret History 8 00 Michael Wood: The Story of India 9 00 Film: The Louder His Dnnnr and the Drver'n Wln (1991) 10 10 World War Two: 1942 and Hitler's Soft Underbelly 11 40 Michael Wood: The Story of India

ITV2

2 10 Film: Garfield (2004) 4 45 Take Me Out 5.55 Take Me Out: The Cocs 6 45 Film: Charlie and thn Chocolate Factory (2005) 9 00 The Xtra Factor Results 10 00 The Only Way Is Essex 10.45 Gettn3nds 11.50 The Vampire Dnnca

ITV3

4 50 Film: Carry On Cruising (1962) 6 45 Agatha Christie's Poirot 9.00 Fn snsic Casebook with Matthew Kelly 10 00 Film: Interview with the Vampire (1994)

ITV4

10 30 Live British Touring Car Champ nnnship 5 50 UEFA Champ nnn League Content Matches 6 45 Film: The Last Sinnset (1981) 9.00 Film: Blues Brothers 2000 (1998) 11.30 Film: Lethal Weapon 2 (1989)

E4

3 10 Made in Chelsea 4 15 New Girl 4 45 Snthngatny 9 10 Revenge 9.05 The Big Bang Theory 9 40 Film: Stardust (2007) 10 30 Derren Brnwn: Evening of Wonders

Film4

3 10 The War of the Worlds (1953) 4 55 Baby's Day Out (1994) 6 50 Entrapment (1999) 9 00 Terminator Salvatnn (2009) 11 10 Chake (2008)

Monday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Ham mc BBC News, Weather 11.00 Clarinet and Shamrot. 11.30 Cash in the Attic (R) BBC News, Weather 12.15 Bargain Hunt. (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors. 2.15 Escape to the Country (R) 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Pointless 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather 7.00 The One Show 7.30 Inside Out. BBC News, Regional News. 8.00 EastEnders. 8.30 Gambling Nation - Panorama. 9.00 New Tricks 10.00 BBC News 10.25 Regional News, Weather 10.35 Have I Got a Bit More News for You 11.20 Our War (R) 12.20 Weatherview. 12.25 Sign Zone. Wartime Farm. (R) 1.25 Masters of Money (R) 2.25 Lovelines. Fast Fresh and Easy Food (R) 2.55 Neighbourhood Watched (R) 3.40 How We Won the War (R) 4.10 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow (R) 1.30 To Buy or Not to Buy (R) 2.15 Weakest Link. (R) 3.00 Real Rescues (R) 3.45 Flog It! (R) 4.30 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 The Great British Bake Off Masterclass. 8.00 Unnatural Causalities. 8.30 Hypothesama. 8.50 Prehistoric Autopsy. 10.00 Never Mind the Buzzcocks. 10.30 Newsnight. Weather 11.20 Dragons' Den (R) 12.20 You've Been Trumped (R) 1.55 BBC News. 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 6.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News, Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 May the Best House Win – Viva Espana. 5.00 The Chase. 6.00 Regional News, Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Little England. 8.30 Coronation Street. 9.00 Monroe. 10.00 ITV News at Ten, Weather. 10.30 Regional News, Weather. 10.35 The Apprentice: You're Fired. Enter the Dragon (1973) Martial arts thriller starring Bruce Lee. 12.55 Jackpot247. ITV News Headlines. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 4.35 ITV Jeremy Kyle Show. (R) 5.30 ITV Morning News

Channel 4 5.10 Channel 4 Presents – Nathan (R) 6.15 The Hoobs (R) 6.40 The Hooks (R) 7.05 Freshly Squeezed. 7.35 According to Jim. 8.00 Everybody Loves Raymond. (R) 8.30 Frasier (R) 9.00 Frasier (R) 9.30 The Big Bang Theory (R) 10.00 Undercover Boss USA. (R) 11.00 A Place in the Sun Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.35 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer Secret Agent. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Jamie's 15 Minute Meals. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Alhoughtiv. 8.00 Do You Know Your Partner's Past? Channel 4 Dispatches. 8.30 Food Unwrapped. 9.00 999 What's Your Emergency? 10.00 – Out of 10 Cats. 10.55 Comedy World Cup. (R) 11.55 Random Acts. 12.00 Sleazies. (R) 1.00 The Secret Wife. 2.00 Media. 3.20 Film The Devil and Miss Jones. (1941) Comedy starring Charles Coburn. 4.00 Deal or No Deal (R) 5.45 Baking Mad with Eric Lanlard (R)

Channel 5 9.00 Milkshake! 9.15 The Wright Stuff. 11.15 Shark. (R) 12.10 5 News Lunchtime. 12.15 Law & Order (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation (R) 3.15 Film: Fairfield Road (2010) Drama starring Jessie Metcalfe. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 5 News at 6.30. 7.00 Cowboy Builders (R) 8 News Update. 8.00 Classic Car Rescue. 9 News at 9. 9.30 Film: Terminator 3 Rise of the Machines (2003) Sci-fi adventure sequel starring Arnold Schwarzenegger Nick Stahl and Claire Danes. 11.16 Film: Vanishing (2007) Horror starring Kyle MacLachlan. 12.55 SuperCasino. 4.00 Great Artists. (R) 4.25 House Doctor (R) 4.50 Mehsala's Wild Challenge (R) 5.10 Wildlife SOS. (R)

Tuesday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer BBC News Weather 11.00 Clarinet and Shamrot. 11.30 Cash in the Attic. (R) BBC News, Weather 12.15 Bargain Hunt. (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors. 2.15 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.05 CBBC. 5.15 Pointless. 6.00 BBC News, Weather. 6.30 Regional News Programmes, Weather. 7.00 The One Show. 7.30 EastEnders. BBC News, Regional News. 8.00 Holby City. 9.00 The Paradise. 10.00 BBC News. 10.25 Regional News, Weather. National Lottery Update. 10.35 Golden Oldies. 11.35 Film. At First Sight (1999) Romance drama starring Val Kilmer and Mira Sorvino. 1.40 Weatherview. 1.45 Sign Zone. Wartime Farm. (R) 2.45 Neighbourhood Watched (R) 3.30 How We Won the War (R) 4.00 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow (R) 1.30 To Buy or Not to Buy (R) 2.15 Weakest Link. (R) 3.00 Real Rescues (R) 3.45 Flog It! (R) 4.30 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 The Great British Bake Off Masterclass. 8.00 Unnatural Causalities. 8.30 Hypothesama. 8.50 Prehistoric Autopsy. A reconstruction of Homo erectus. 10.00 Later Live with Jools Holland. (R) 10.30 Newsnight. Weather 11.20 The Chair: Sing While You Work. (R) 12.20 BBC News. 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 6.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News, Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 May the Best House Win – Viva Espana. 5.00 The Chase. 6.00 Regional News, Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Live UEFA Champions League. Manchester United v Braga SC (Kick-off 7.45pm). Adrian Chiles presents coverage of the matchday three Group H match. 10.00 ITV News at Ten Weather. 10.30 Regional News, Weather. 10.35 UEFA Champions League Extra Time. 11.35 Take Me Out. 12.35 Jackpot247. ITV News Headlines. 3.00 Golden Balls. (R) 3.50 ITV Nightscreen. 5.30 ITV Morning News

Channel 4 5.10 Channel 4 Presents – Oscar (R) 6.15 The Hooks. (R) 6.40 The Hooks (R) 7.05 Freshly Squeezed. 7.35 According to Jim. 8.00 Everybody Loves Raymond. (R) 8.35 Frasier (R) 9.05 Frasier (R) 9.35 The Big Bang Theory (R) 10.00 Undercover Boss USA. (R) 11.00 A Place in the Sun Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.35 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer: Secret Agent. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Jamie's 15 Minute Meals. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Alhoughtiv. 8.00 George Clarke's Amazing Spaces. 9.00 Jewish Mum of the Year. 10.00 Fresh Meat. The boys battle against one another for lucrative internships. 10.55 Horseland. (R) 11.55 Random Acts. 12.00 Poker: 64 Million. 2.50 KOTV Driving Weekly. 3.20 Sailing: America's Cup Disconnected. 3.50 Bull run: Cops, Cars and Superstars. 4.15 Beach Volleyball. 5.10 British Formula Ford. (R) 5.35 Tarrex Adventure Race (R)

Channel 5 9.00 Milkshake! 9.15 The Wright Stuff. 11.15 Shark. (R) 12.10 5 News Lunchtime. 12.15 Law & Order (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation (R) 3.15 Film: Stealing Paradise (2011) Thriller starring Michael Lahgh Cook. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 5 News at 6.30. 7.00 Highness. Emergency. 7.30 Highland Emergency. 8 News Update. 8.00 Pets Animal Clinic. 9 News at 9. 9.00 Body of Proof. New series. Megan investigates a fatal ice crash. 10.00 CSI: NY. (R) 10.55 CSI: NY. (R) 11.55 CSI: Crime Scene Investigation. (R) 12.55 Forensic Files. (R) 1.16 SuperCasino. 4.00 Great Artists. (R) 4.25 House Doctor. (R) 4.50 Mehsala's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Wednesday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer BBC News Weather 11.00 Clarinet and Shamrot. 11.30 Cash in the Attic. (R) BBC News, Weather 12.15 Bargain Hunt. (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News Weather Regional News 3.05 CBBC. 5.15 Pointless. 6.00 BBC News, Weather. 6.30 Regional News Programmes, Weather. 7.00 The One Show. BBC News, Regional News. 8.00 Watching. 9.00 Fresh with Michael Palin. 10.00 BBC News. 10.25 Regional News, Weather. 10.35 The National Lottery Wednesday Night Draws. 10.45 Michael McIntyre's Comedy Roadshow. (R) 11.15 Film. The Lake House (2006) Romance fantasy starring Sandra Bullock and Keanu Reeves. National Lottery Update. 12.50 Weatherview. 12.55 Sign Zone. See Hear. (R) 1.25 Andrew Marr's History of the World. (R) 2.25 Cash Britain. (R) 2.55 Neighbourhood Watched. (R) 3.30 How We Won the War. (R) 4.10 BBC News.

BBC2 6.00 CBeebies. 7.40 CBBC. 8.25 CBeebies. 11.35 Daily Politics. 1.00 See Hear. 1.30 Lifeline. (R) 1.40 Coast. (R) 1.45 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 Flog It! (R) 4.30 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 The Great British Bake Off. Masterclass. 8.00 Wartime Farm. 8.30 The Choir: Sing While You Work. 10.00 Heirloom. 10.30 Newsnight. Weather. 11.20 Storyville – American Hot Rod. (R) 12.50 Mandy: Licence to Thrill. A Culture Show special. (R) 1.20 BBC News. 3.25 Close. 3.30 BBC Learning Zone

ITV1 5.00 Daybreak. 6.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News, Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 May the Best House Win – Viva Espana. 5.00 The Chase. 6.00 Regional News, Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Tonight. 8.00 Emmerdale. 8.30 Emmerdale at 40. 9.00 Homefront. Joe returns home, only to find Louise has usurped the locks. 10.00 ITV News at Ten Weather. 10.30 Regional News, Weather. 10.35 Corfu: A Tale of Two Islands. 11.05 The Jonathan Ross Show. (R) 12.05 Jackpot247. ITV News Headlines. 3.00 Tonight. (R) 3.25 ITV Nightscreen. 5.25 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

Channel 4 5.10 Channel 4 Presents – Jamie (R) 6.30 Sail Mail. (R) 6.40 The Hooks. (R) 7.05 Freshly Squeezed. 7.35 According to Jim. 8.00 Everybody Loves Raymond. (R) 8.35 Frasier. (R) 9.05 Frasier (R) 9.35 The Big Bang Theory (R) 10.00 Undercover Boss USA. (R) 11.00 A Place in the Sun Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.35 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer: Secret Agent. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 Jamie's 15 Minute Meals. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Alhoughtiv. 8.00 George Clarke's Amazing Spaces. 9.00 Jewish Mum of the Year. 10.00 Fresh Meat. The boys battle against one another for lucrative internships. 10.55 Horseland. (R) 11.55 Random Acts. 12.00 Poker: 64 Million. 2.50 KOTV Driving Weekly. 3.20 Sailing: America's Cup Disconnected. 3.50 Bull run: Cops, Cars and Superstars. 4.15 Beach Volleyball. 5.10 British Formula Ford. (R) 5.35 Tarrex Adventure Race (R)

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Thursday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer BBC News Weather 11.00 Clarinet and Shamrot. 11.30 Cash in the Attic. (R) BBC News, Weather 12.15 Bargain Hunt. (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News, Weather, Regional News 3.05 CBBC. 5.15 Pointless. 6.00 BBC News, Weather. 6.30 Regional News Programmes, Weather. 7.00 The One Show. 7.30 EastEnders. BBC News, Regional News. 8.00 Waterloo Road. 9.00 Hunted. 10.00 BBC News. 10.25 Regional News, Weather. 10.35 Question Time. 11.35 This Week. 12.20 Holiday Weatherview. 12.25 Sign Zone. Gambling Nation – Panorama. (R) 12.55 Countryfile. (R) 1.55 JK Rowling: Writing for Grown-Ups. A Culture Show Special. (R) 2.25 How We Won the War. (R) 3.25 BBC News.

BBC2 6.00 CBeebies. 7.00 CBBC. 8.25 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow. (R) 1.30 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 Flog It! (R) 4.30 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. (R) 6.30 Strictly Come Dancing – It Takes Two. 7.00 The Great British Bake Off. Masterclass. 8.00 Wartime Farm. 8.30 The Choir: Sing While You Work. 10.00 Heirloom. 10.30 Newsnight. Weather. 11.20 Storyville – American Hot Rod. (R) 12.50 Mandy: Licence to Thrill. A Culture Show special. (R) 1.20 BBC News. 3.25 Close. 3.30 BBC Learning Zone

ITV1 5.00 Daybreak. 6.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News, Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 May the Best House Win – Viva Espana. 5.00 The Chase. 6.00 Regional News, Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Tonight. 8.00 Emmerdale. 8.30 Emmerdale at 40. 9.00 Homefront. Joe returns home, only to find Louise has usurped the locks. 10.00 ITV News at Ten Weather. 10.30 Regional News, Weather. 10.35 Corfu: A Tale of Two Islands. 11.05 The Jonathan Ross Show. (R) 12.05 Jackpot247. ITV News Headlines. 3.00 Tonight. (R) 3.25 ITV Nightscreen. 5.25 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

Channel 4 5.15 The Hooks. (R) 6.40 The Hooks. (R) 7.05 Freshly Squeezed. 7.35 According to Jim. 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Frasier (R) 9.35 The Big Bang Theory. (R) 10.00 Undercover Boss. (R) 11.00 A Place in the Sun. Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.35 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer Secret Agent. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 James's 15 Minute Meals. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Alhoughtiv. 8.00 Location Location. Location. 9.00 The Town That Caught Tourette's. An in-depth look at the syndrome among teenage girls in a small American town. 10.00 Freaky Sleepers. People who have extreme sleep disorders. 11.05 Random Acts. 11.10 999: What's Your Emergency? (R) 12.10 Jewish Mum of the Year. (R) 1.15 Jews at Ten. 1.40 Sex Death and the Meaning of Life. 2.40 Buried Alive: The Chilean Mine Rescue. (R) 3.35 Do You Know Your Partner's Past? Channel 4 Dispatches. (R) 4.05 Deal or No Deal. (R) 5.00 Countdown. (R) 5.45 Baking Mad with Eric Lanlard. (R)

Channel 5 9.00 Milkshake! 9.15 The Wright Stuff. 11.15 Shark. (R) 12.10 5 News Lunchtime. 12.15 Law & Order (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation (R) 3.15 Film: Wishing Well (2008) Fantasy drama, starring Jordan Lates. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 5 News at 6.30. 7.00 Classic Car Rescue. (R) 8 News Update. 9.00 Heroes of the Skies. 5 News at 9. 9.00 Hatfields & McCoys. 11.05 Master and Commander: The True Story. (R) 12.05 SuperCasino. 4.00 Great Artists. (R) 4.25 House Doctor. (R) 4.50 Mehsala's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

Friday

BBC1 6.00 Breakfast. 9.15 Helicopter Heroes. 10.00 Homes Under the Hammer. BBC News, Weather 11.00 Clarinet and Shamrot. 11.30 Cash in the Attic. (R) BBC News, Weather 12.15 Bargain Hunt. (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News, Weather, Regional News. 3.05 CBBC. 5.15 Pointless. 6.00 BBC News, Weather. 6.30 Regional News Programmes, Weather. 7.00 The One Show. 7.30 Nigel Slater's Dish of the Day. BBC News, Regional News. 8.00 EastEnders. 8.30 Miranda. (R) 9.00 Have I Got News for You. 9.30 Mo and Mo Jones. 10.00 BBC News. 10.25 Regional News, Weather. 10.35 The Graham Norton Show. 11.20 The National Lottery Friday Night Draws. 11.30 Would I Lie to You? (R) 12.00 EastEnders. 1.30 Weatherview. 1.55 Sign Zone. Harry Dieters: How to Love Food and Lose Weight. (R) 3.50 Question Time. (R) 3.55 BBC News.

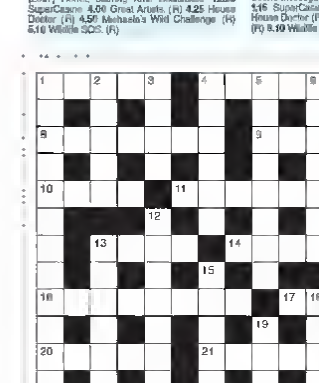
BBC2 6.00 CBeebies. 7.00 CBBC. 8.00 CBeebies. 11.30 BBC World News. 12.00 Daily Politics. 1.00 Restoration Roadshow. (R) 1.30 To Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 Flog It! (R) 4.30 Breakaway. 5.15 Antiques Road Trip. 6.00 Eggheads. (R) 6.30 Strictly Come Dancing. It Takes Two. 7.00 The Great British Bake Off. Masterclass. 8.00 Unnatural Causalities. 8.30 Hypothesama. 8.50 Prehistoric Autopsy. 10.00 Never Mind the Buzzcocks. 10.30 Newsnight. Weather. 11.20 Dragons' Den. (R) 12.20 You've Been Trumped. (R) 1.55 BBC News. 4.00 BBC Learning Zone.

ITV1 5.00 Daybreak. 6.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 The Morning. 12.30 Loose Women. 1.30 ITV News. Weather. 1.55 Regional News, Weather. 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. 3.59 Regional Weather. 4.00 May the Best House Win – Viva Espana. 5.00 The Chase. 6.00 Regional News, Weather. 6.30 ITV News Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Island Medics. 9.00 Cornwall at Sea. 10.00 Piers Morgans Life Stories. Burt Reynolds. 10.00 ITV News at Ten. Weather. 10.30 Regional News, Weather. 10.35 Film: Extract. Comedy drama starring Mark Strong. 12.35 Jackpot247. ITV News Headlines. 3.00 Film: Passengers. 5.7 (1992) Action thriller with Wesley Snipes. 4.25 ITV Nightscreen. 5.30 ITV Morning News

Channel 4 5.10 Channel 4 Presents – Lee (R) 6.15 The Hooks. (R) 6.40 The Hooks. (R) 7.05 Freshly Squeezed. 7.35 According to Jim. 8.00 Everybody Loves Raymond. (R) 8.30 Frasier. (R) 9.00 Frasier (R) 9.35 The Big Bang Theory. (R) 10.00 Undercover Boss. (R) 11.00 A Place in the Sun. Summer Sun. 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me. 12.35 Come Dine with Me. 1.05 Come Dine with Me. 1.35 Come Dine with Me. 2.05 Phil Spencer Secret Agent. 3.10 Countdown. 4.00 Deal or No Deal. 5.00 James's 15 Minute Meals. 5.30 Come Dine with Me. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Alhoughtiv. 8.00 Baggage. 9.00 Derren Brown: Apocalypse. 10.00 Alan Carr: Chatty Man. 11.35 Friday Night Dinner. (R) 12.10 Friday Night Dinner. (R) 12.10 Comedy World Cup. (R) 1.10 Random Acts. 1.15 My Mans Is Evil. (R) 1.45 Bob's Burgers. (R) 2.30 Hospital Dynamics. 3.30 Alien Gregory. 2.45 Me Fit. 3.40 Charles Angels. (R) 4.20 Deal or No Deal. (R) 5.15 Countdown. (R)

Channel 5 9.00 Milkshake! 9.15 The Wright Stuff. 11.15 Shark. (R) 12.10 5 News. 12.15 Law & Order. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation. (R) 3.15 Film: Wishing Well. (2008) Fantasy drama, starring Jordan Lates. 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 5 News at 6.30. 7.00 Classic Car Rescue. (R) 8 News Update. 9.00 Heroes of the Skies. 5 News at 9. 9.00 Hatfields & McCoys. 11.05 Master and Commander: The True Story. (R) 12.05 SuperCasino. 4.00 Great Artists. (R) 4.25 House Doctor. (R) 4.50 Mehsala's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

This week's crossword - Clues



Across

1. Trap (6)
4. Lower (7)
8. Titular (7)
9. Subject (5)
10. Greek love-god (4)
11. To pain (8)
13. Cease (4)
14. Proceed (4)
16. Birth (8)
17. Get up (4)
20. Drone (5)
21. Assuage (7)
22. Theft (7)
23. Crush (8)

Down

1. Self-important (13)
2. Speed (5)
3. Suspend (4)
4. Flood (6)
5. Fatherly (8)
6. Utter (7)
7. Reticence (13)
12. Talk (8)
13. Colonist (7)
15. Tempestuous (6)
18. Corpulent (5)
19. Applaud (4)

Last week's solution

ACROSS 3 CONSTABLE 8 OVEN 9 ASSOCIATE 10 PROFIT 11 GLEAN 14 TOTAL 15 LEER 16 EXITS 18 NONE, 20 TELLS 21 GROWL 24 SINGLE 25 CONSTRAIN 26 ONCE 27 IMPRUDENT

DOWN 1 COMPETENT 2 REVOLTING 4 OUST 5 STOOL 6 ANIMAL 7 LATE 9 AISLE 11 GRILL 12 NEGLIGENT 13 PROSPERED 17 STAIN, 19 ERASER 22 WORLD 23 FORM 24 SIGN

Food & Drink

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UK foodbanks meeting growing demand for emergency food

MORE PEOPLE in the UK are turning to foodbanks to cope with the rising cost of living.

The Trussell Trust has said that 100,000 people had received emergency food from its network of foodbanks in the last six months.

New foodbanks are being opened by the Christian charity at a rate of three a week to meet the demand.

The network has fed almost 110,000 people across the UK since April 2012, compared to just under 129,000 people during the whole of the 2011 to 2012 financial period.

The Trussell Trust is expecting to feed over 200,000 people by the end of the 2012 to 2013 period.

The increase in demand is being put down to rising food and fuel costs, together with static incomes, high unemployment and changes to benefits.

Trussell Trust Executive Chairman Chris Mould said: "The Trussell Trust has seen first hand the devastating impact of rising food prices on people in poverty.

"It means that the budgets of people on the breadline are stretched even further so that even a small change in financial circumstances can push people into a crisis where they cannot afford food.

"Day in, day out, foodbanks already meet UK parents who are going without food to feed their children, or are forced to consider stealing to stop their children going to bed hungry. Further rises in food and fuel bills could see even more people in crisis turn to foodbanks."

With winter just around the corner, the Trussell Trust said it feared more families would be set hard up that they could not afford to eat.

Its concerns were raised on World Food Day, being held globally today to raise awareness of hunger and the need to reduce poverty.

To mark World Food Day the Trussell Trust has launched a 'Give it up for Foodbank' campaign urging people to give up one luxury for a day or a week and donate the proceeds to help stop UK hunger.

It hopes World Food Day will help to raise the profile of the growing problem of food poverty in the UK and encourage more people to help their neighbours in need.

With energy providers announcing further increases to their prices, the Trussell Trust is encouraging churches to step in so that families on the breadline will not have to suffer a hungry Christmas.

Many low income working families are living on a knife edge. The rise in food prices could be enough to tip them into poverty, especially as winter approaches and heating costs increase. Christmas is looking bleak for

thousands of UK families," said Mr Mould.

"The good news is that at a time of growing difficulty for people on low incomes, churches and communities across the country are pulling out the stops to start new foodbanks and people are donating more food to help those in crisis on their doorstep.

"We're encouraging more churches to consider opening a foodbank in their town, provide emergency food to local people in crisis. Our vision is to see a foodbank in every community, creating a nation where no-one has to go hungry."

Great British Bake Off heart-throb Paul Hollywood: 'Women fans ask to check my buns'

HOT BAKER Paul Hollywood is making temperatures soar in kitchens all over Britain.

An army of saucy women fancying a slice of The Great British Bake Off judge have been bombarding his Twitter page with flirty messages.

One told him: "You rock my world."

While another wrote: "You can squeeze my buns any time."

And Paul, 46, admitted: "I've had a few marriage proposals."

The tasty cook, who judges the hit BBC Two show, knows who to thank for giving him the sex factor.

Silver fox Paul had wanted to dye his hair but wife Alexandra, 39, insisted the idea was half baked.

He said: "About five years ago I did decide to start dyeing my hair but my wife forbid it.

"She told me: 'Don't you dare, Paul.' Now I can see she was right. I think grey is cool. Sometimes you want to change but it looks ridiculous when you go back to grey."

But despite how well his natural colour is going down, all that attention will not be going to his head. The dad-of-one has been keeping his feet on the ground with the help of Masterchefs Gregg Wallace and John Torode, both 47.

He said: "I've known John for 14 years and Gregg for 10 years.

"I really value their friendship, particularly this year when the fame side was overwhelming. It really hit me hard. I didn't

know what was going on.

"It's been great to talk to them because they went through a similar thing. They told me just keep down to earth and normal but my family will never let me be anything else.

On Tuesday banker John Whaite, 23, from Liverpool, won the Bake Off title.

Paul's next recipe for success is his own ex-part show, Bread. He said: "Before Bake Off I did a lot of telly stuff on my own as it's nice to go back to that. I started filming last week but it feels very comfortable."

Paul, who lives in Aylesham, Kent, says there's one person who doesn't get any criticism from him, his wife. Paul said: "Alexandra is an unbelievably good chef. I've never felt like I had to bite my tongue and say something is nice when it isn't. She makes a great risotto or steak.

"In our house I'm happy for her to cook while I get on with the baking."

Half of Brits would serve 'out of date' food to guests

ONE in three Brits have out of date food in their fridge, it has been revealed. Researchers, who polled 2,019 adults, found millions of us have cheese, jars of curry sauce, yoghurt or eggs which are long past their best.

Others admit to having milk, open tins of beans, fruit and meat which should have been eaten days or even weeks ago.

A staggering half of Brits even said they would be prepared to serve out of date food to their guests.

The findings were discovered amid the publication of the first National Fridge Audit' by Beko home appliances.

Teresa Arbuckle of Beko Plc, who carried out the poll, said: "Our survey reveals that we are a nation who judge each other on the contents of our chiller.

"So it is surprising to learn that so many of us are running on empty where our food is concerned, almost a third of people saying their fridge usually contains the bare minimum to get them through the week."

The study also found a surprising three quarters of us would be happy to trust our nose and judgement with a quick "sniff test' before eating food past its 'use by' date (mostly because two thirds of us see this as just a guide).

Top ten out of date items:
1 Cheese
2 Jar of curry sauce
3 Yogurt
4 Eggs
5 Milk
6 Open can of beans
7 Fruit
8 Bread
9 Meat
10 Fish

The study also found that one in 10 Brits argue with their partner on whether things should be refrigerated.

It's no wonder as to why when over half wrongly believe eggs have to be kept in the fridge, while over 40% think that jam, marmalade, honey and ketchup should be kept cooled despite being fine to be stored at room temperature.

One fifth even admitted to judging others' lifestyle choices by the contents of their fridge, with some thinking that budget brands through a fridge made a person 'tight'.

Top 10 fridge invaders:
1 Eggs
2 Jam/marmalade
3 Honey
4 Onions
5 Garlic
6 Bread
7 Potatoes
8 Bananas
9 Dried Fruit
10 Tinned vegetables

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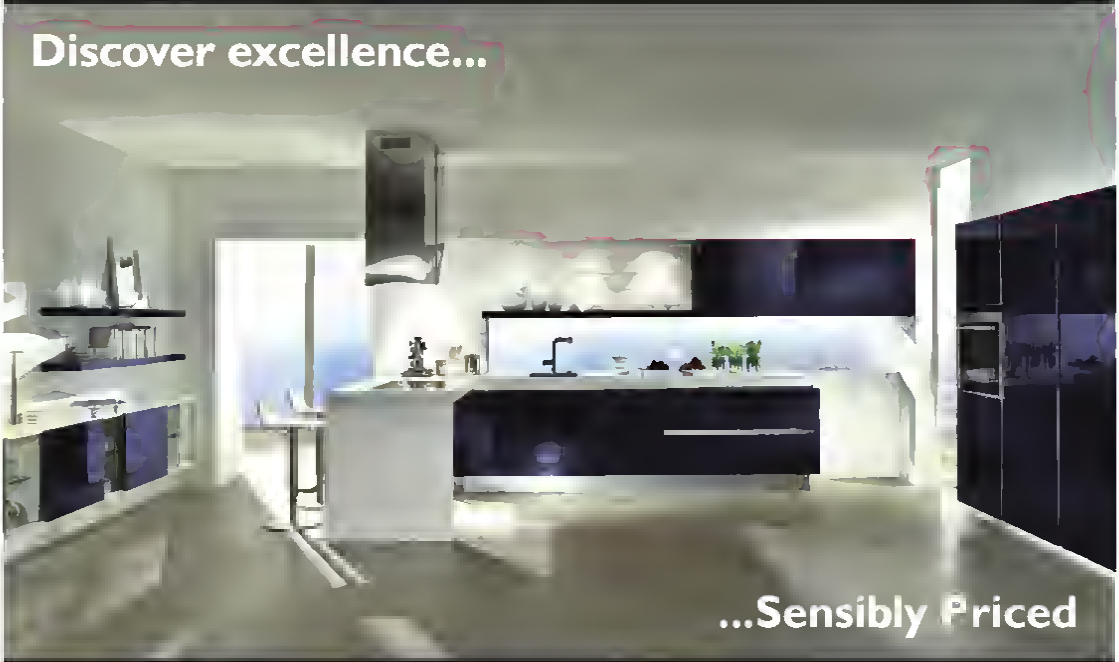

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The expanding world of energy medicine!

I SPENT the day on Saturday at the Old Thorns golf course (No I wasn't playing golf, although I would have liked too!) at an annual meeting for Energy Medicine, organized by Nutri-Vital in Petersfield. I felt very lucky to live so close to the event as people had traveled from all corners of the world to be there. What an exciting and incredible versatile group of individuals offering so much information to the world on all levels of health care. When I was introduced to the concept of energy medicine many years ago I knew there was something amazing about it. Of course it makes sense to me as I have been bought up with energy healing, homeopathy, Karmic energy etc. The Asyra Energetic testing equipment seemed the next from my research, for me to work with, and I now use it to my practice daily and honestly have never looked back. After spending Saturday with all these wonderful speakers it just inspires me more that energetic medicine is the way forward with healthcare all over the world.

Energy medicine is, without a doubt, growing in popularity, but it is far from new, that's why it was so fantastic to see all these intelligent scientists and practitioners, some of whom are medical doctors, consultants and surgeons together under one roof

Denise Kelly

all giving accounts of their wonderful experiences and how and why this type of medicine really works. The Bioenergetic Medicine theory is based on the time tested principals of ancient Chinese medicine and bioenergetic technology is the coming together of advanced scientific understanding, and ancient Chinese medicine practices. A bioenergetics-screening device is a form of this technology and has been around for over 50 years. It works by measuring the skin's electrical properties at specific acupoints that relate to certain organs, thereby helping practitioners like me, clearly understand a client's health status.

It's amazing because now, in the 21st century, science has caught up with experience. Bioenergetic Medicine has already gained widespread clinical acceptance, and results are backed by scientifically documented research. It's because of this that methods such as electro-dermal screening, the quantum body field approach, and digital homeopathy are now being used in a growing number of health clinics across the world.

In my opinion, and many other practitioners, the most advanced development in the field of Bioenergetic Medicine is the Asyra Pro. Capable of probably, even-intrusive full body scans within minutes, as well as producing custom digitally imprinted remedies, it is the realization of half a century's development. The system takes energetic readings and measures the resistance in the form of signals. The signals relayed back simulate the effect of specific items such as toxins, imbalances and emotional disturbances. The system then automatically tests remedies that may help restore the balance in the body, and scans through them checking to see if they are compatible with the client's results. The device can also imprint an energetic solution (signature) that works along the homeopathic principles indicated in the test, and this can then be taken by the individual.

Some examples of commonly used tests are:

Hormonal evaluation
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Metabolic Disturbances
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Emotional Stressors
Dental Disturbances

The Asyra unit sits on the practitioner's desktop beside a computer with the small cylindrical brass hand probes stored in their storage block. When ready to run a test, the client is invited to hold the brass probes, one in each hand. The client remains fully clothed and will feel nothing throughout the screening process. The practitioner selects the tests they wish to run. The Asyra runs the tests, and the results are displayed on the computer screen, along with courses of treatment! It is so simple, quick, painless and effective!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 525040 www.denisekelly.co.uk

Nuffield Health Club Chichester's Free Back Care Health Event

Nuffield Health Club Chichester are focusing on Back Care at their October Health Event. 1 out of 3 people in the UK experience Lower Back Pain every year. With the right approach, however basic back pain can be avoided.

The event is open to everyone and access to trial the clubs facilities is available on the day (limited spaces, must be pre-booked). The Nuffield team will be offering free advice on how to reduce back strain, strengthening exercises and other tips to take care of your back.

Our Physiotherapist will be offering 15 minute consultations and offering free advice on back care.

A Physiologist will be on hand to conduct an analysis of your back with a Spinal Mouse.

10 minute taster fitness classes available focusing on our new CXWORX class which is fantastic for your core muscles.

Personal Trainers will be on hand to demonstrate Core Stability exercises, recommend classes to strengthen the back muscles and offer free advice.

Top tips for good back health

- Before gardening or DIY do some warming up exercises. Remember to always work within your limits and take regular breaks.
- If you wear high heels try to only wear them when necessary. Walking in high heels can tilt your pelvis too far forward and place unnecessary strain on your lower back.
- Most people have their ironing board too low. Make sure it is at waist height to minimise back strain.
- When driving, all controls should be within easy reach. If your vehicle has any lumbar support, adjust this to provide a gentle pressure against the lowest part of your back. If your seat lacks support, try using a lumbar roll.
- We spend nearly one-third of our lives sleeping so it's important to look at your sleep environment and posture. Depending on what position you sleep in, these tips can help reduce the development or occurrence of back pain.
- Sleeping on your side. This position leaves your upper leg unsupported and the top knee and thigh tend to rest on the mattress. This rotates the lower spine and may contribute to back pain. Place a pillow between your knees and thighs to prevent this problem.
- Sleeping on your back. Placing a pillow under your knees can help maintain the natural curve of your lower back. A small rolled towel under the small of your back may also help. You should support your neck with a pillow.

For further information on the event or to book your free invitation please contact the club on: 01243 788678 or email Chichestermembership@nuffieldhealth.com. Nuffield Health Chichester, Chichester Gate, Chichester, PO19 8EL. www.nuffieldhealth.com/chichester/

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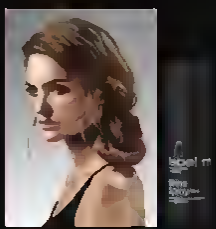
You can choose from three gorgeous looks with each up-style taking only 30 minutes to create :

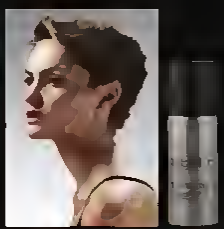


CALI COOL

Loose waves, pulled into a side parting and pinned into a chignon – *Laid back and effortlessly glamorous.*

GLAM GARLAND

A centre parting, offset by two side French braids, intertwined at the nape of the neck – *Ultra-feminine, timelessly-stylish*



RETRO ROLL

A side parting with a vintage roll on either side of the head, joining at the nape to create a chic chignon – *1940's glamour with a modern edge*

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Fashion

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Victoria Beckham proves her fashion worth in shoot with Karl Lagerfeld

THE SPICE GIRL-turned-designer legged it to front of the camera leaving an 'dream' day posing for France's Elle magazine

The 38 year-old tweeted: 'First pictures from my @ELLEfrance cover shoot with Karl Lagerfeld, a dream come true! X VB'

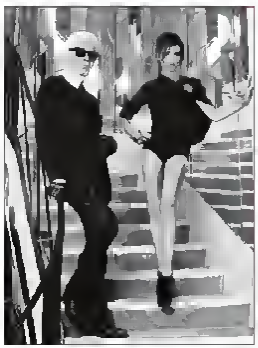
And it really must have been a dream come true for Posh as she was posing in the famous home of Coco Chanel, 31 Rue Cambon.

Leaning against the famous mirrored staircase in Coco Chanel's house, where the designer would spy on the audience at her fashion shows, Posh stood proudly next to Chanel designer Lagerfeld

Of her experience, she said: 'I'm honoured to be here in Paris. I love Paris and the French style, so chic. Sometimes I feel a little bit French myself!'

The mum-of-four's first gave fans a glimpse of the fashionable shoot when she tweeted a picture of herself on the famous staircase back in July, wearing nothing but a white dressing gown

Of the finished result, she said: 'I'm thrilled to shoot with Karl. I have so much respect for him and I find him so inspiring.



'To shoot in Coco Chanel's apartment in the clothes of the house of Chanel is really a dream come true.'

Lagerfeld, 79, heaped praise on her too, saying: 'Victoria has an innate sense of style. She knows what she likes, and knows what is good for her.'

Keira Knightley: Skinny jeans were made to 'make you feel bad about yourself'

KEIRA KNIGHTLEY is famous for her thin frame, but she has branded skinny jeans and mini skirts 'unfriendly'.

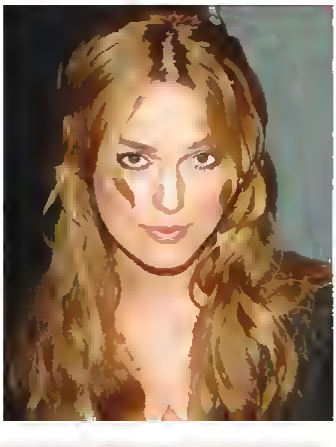
In an interview with W magazine, of which she is the cover star, Keira says she is not a fan of the trend trumpeted by fellow Brit Kate Moss.

"I think skinny jeans and mini-mini skirts are very unfriendly," the 27-year-old said. "I've been known to wear both, but on some days it seems like they were invented to make you feel bad about yourself."

It's nice to Keira also has fat days!

The Atonement actress, who appeared in that green dress, is rumoured to have her wedding dress designed by Chanel.

As long as it's not shirt or skinny it should be a winner!



Manbags sales soar as men go gadget crazy

RESEARCH by department store Debenhams shows that eight out of ten men now carry a man bag.

The retailer has seen a whopping 2700% increase in sales of manbags since the start of the year.

An increase in must have gadgets is likely to be the main reason behind the trend, as men cram iPads, laptops, kindles and smart phones, as well as the usual items such as keys and wallets into their ever expanding bags.

David Moffat, Debenhams Senior Buyer for mens accessories said, "As gadgets such as the iPad become more accessible, a man's daily load is increasing, forcing him to cart more around."

"Gone are the days of just a bunch of keys and a wallet in your pocket, now manbags are rivalling a woman's in size and weight!"

"Men are taking tips from Mary Poppins and cramming in everything but the kitchen sink. For autumn winter 2012 we have extended our offer to include bags with a greater capacity to satisfy our customers' bag needs."

Debenhams reported in 2010 that women's handbags were decreasing in size and weight as technological advances allowed them to slimline their carry around.

Since then, the trend has continued, a woman's handbag now weighs on average of 1.2kg, 61% less than three years ago, and lighter compared to the average mens, which is now 1.5kg.

The launch of the iPad saw the biggest

increase in the weight of manbags as the average weight soared by 0.73kg that year.

It's not just the weight of man bags which has rocketed, the value of their contents has gone through the roof too. A man's bag now holds on average of £1,108 in contents, this is 164% up on two years ago due, to the popularity of costly tablets and smart phones.

Rucksacks are also a massive area of sales growth, as men opt for this manner option, sales have soared by 260% in the last year alone.

Celebrity manbag fans include, David Beckham, Christiano Ronaldo, Hugh Jackman, Jay Z, Ryan Reynolds, Robert Downey Jnr, Kanye West and Harry Styles to name a few.

Boom of the bust

BRITAIN'S busts have grown by three sizes in just two years, according to research by high street retailer Debenhams.

The best selling bra size has gone up from a 34B in 2010 to a 34DD in 2012 and it's ladies living in the North, Midlands and Ireland who are the ones contributing to this trend, whilst ladies in the South and Scotland have grown by a more modest two sizes.

If the saying size matters is true, then Wales is firmly in the lead with size E as the average bra size.

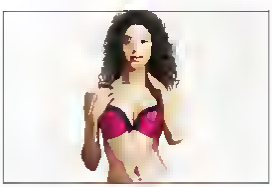
And an astonishing 78% of women surveyed by Debenhams admit to previously squeezing into a bra that was a smaller size than they should be wearing.

Debenhams' head of lingerie buying and design, Sheree Webb commented: "Sales suggest that breasts are bigger and better than ever before."

Voluptuous role models such as Dita Von Teese, Kim Kardashian, Nigella Lawson and Beyonce Knowles are constantly flaunting their assets and in turn have encouraged women to embrace their breasts and celebrate their curves.

An attention-grabbing 70% of bra sales in Debenhams stores across the UK this year have been for padded and push up bras compared to 36% in 2010, suggesting that women are now proud to show off what they've got.

Caroline Webb: "Confidence is changing the shape of the nation. Fit is of paramount importance, a great fitting bra makes you



look incredible on the outside and feel fabulous on the inside.

"If women want a bit of enhancement then they can invest in a simple padded or push up bra and see instant results by the fashion of the day – no expensive surgery required."

Debenhams bra fitters are fitting as many women as possible during the month of October, to show the importance of wearing the right sized bra and the dramatic difference it can make to a woman's figure.

"We've seen a lot of women wear ill fitting bras. It seems that they weren't making the best of their bust so we sized up the problem."

"There is no excuse for people to wear the wrong bra size, the bra fitting service is free and we have hundreds of expertly trained bra genie fitters."

And during the month of October 50p from every bra sold will be donated to the Debenhams Think Pink campaign, which is donating funds to Breakthrough Breast Cancer (45%), Breast Cancer Campaign (45%) and Pink Ribbon Foundation (10%).

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A kitchen fit for Christmas

CHRISTMAS is the time that puts any kitchen design flaws to the test and design flaws become painfully apparent. With relatives descending and more people in the house than at almost any other time of year, anyone who spends more than a few minutes in the kitchen will wish that they had a space that works as hard as they do.

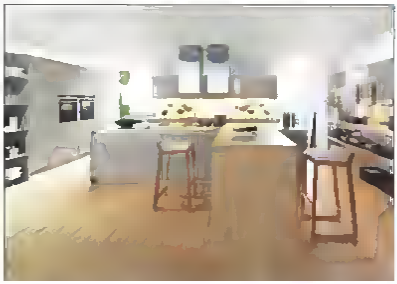
With the supermarket shelves already filling with festive merchandise, those that want to have a new kitchen installed by Christmas need to crack on. Wayne Dance, Managing Director at Ie House, uses his experience of working with leading German manufacturer Schuller to offer some great tips on how to get your kitchen fitted by Christmas.

"The most important advice is simply - don't panic," says Dance. "A great kitchen needs to work hard for many Christmases so getting the design right now will avoid your new kitchen being the biggest turkey served this Christmas."

It's a misconception that the best place to get a quick kitchen design is from a large DIY store. When planning in a small time frame there is no margin for error, so it's crucial to get every stage spot on. The high street retailer is often far cheaper than you imagine and by working with companies such as Schuller, the final design will meet your specific needs with every cabinet and worktop manufactured individually. When it comes to installation you can be certain that the kitchen will be an effortless fit.

Fitting a new kitchen can be challenging at anytime of year but Christmas is the time to mitigate potential stress by a one stop approach and delegating to those that can take charge. The independent retailer will have good relationships with appliance suppliers and can take charge of order, installation and delivery - often at less cost. If you pick the right retailer then you shouldn't have to leave the shop when choosing stools, taps and lighting. Delivery is equally important and the run up to Christmas is not the time to be fretting over reliability of third party couriers. Choosing a company such as Schuller, with its own dedicated manufacture and delivery service will prevent your cabinetry being stuck in a pre-Christmas backlog.

"Co-ordinating different trades to help you is never easy, and the lead up to Christmas is a recipe for disaster," says Dance. "Christmas is one of the most stressful times of year so the best option is to hand over the entire job to a reputable independent kitchen retailer. With expertise and experience, they won't be fazed by late installation. Juggling the build up to Christmas whilst managing a kitchen refit a minute can amount to high stress levels for those not in the trade so let someone else bundle on the task whilst you worry about your Christmas menu."



If you are using a retailer to take charge of the project, then installation by the 2nd week of December allows a period to get used to your new space in time for hosting the turkey on Christmas morning. For those fitting themselves, then the kitchen needs to be installed by the end of November at the very latest as getting hold of tradesmen to iron out potential problems this close to Christmas is as likely as Santa filling stockings.

The final consideration when fitting a kitchen around Christmas time is cost. It's an old school thought process that suggests the best bargains are scooped up in the January sales. These are generally obsolete pre-manufactured, lower quality designs that are ultimately false economy. It can be eye watering to realise that you paid a similar amount for a discontinued flat pack as you could have done for a top quality German design manufactured specifically for you. The benchmark of wisdom is in choosing a kitchen manufacturer such as Schuller that assures top end design with consistently affordable prices. It's the right brand from a reputable independent retailer that guarantees a kitchen fit for Christmas.

For details of your nearest retailer, visit schuller.co.uk.

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Lunch is at 1230hrs at the Strand Palace Hotel followed by the matinee performance of Jersey Boys.

Jersey Boys is the story of Frankie Valli and the Four Seasons. Discover the rags to rock to riches tale of four boys working their way from the streets of New Jersey to the heights of international pop-stardom. Featuring classic hits' Sherry, Big Girls Don't Cry, Can't Take My Eyes off You, Walk Like a Man, December 1963 (Oh What a Night) and many more.

1500hrs Matinee Performance with seats in the Stalls.

There is a Jersey Boys only option available for this day without lunch at a price of £53 per person.

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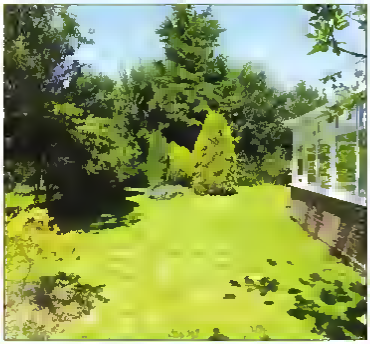

Potential first-time buyers face wait of more than eight years to save their £26k deposit

PEOPLE looking to buy their first home face more than eight years of saving to put aside the deposit they need to get a mortgage, a new report has shown.

Yorkshire Building Society said that, as the average aspiring homeowner saves £245 a month and the average price of a first home is £131,250, it could take them eight-and-half years to put aside the 20 per cent deposit often demanded by lenders.

The report was based on those saving into a typical easy access account with an interest rate of 1.25 per cent to raise the average deposit of just over £26,000.

This, however, changes significantly from region to region, with potential buyers in the North East, Yorkshire and the North West having to save around £15,000 for a deposit, while those in London need more than £60,000 and those in the South East more than £30,000.

The report, which questioned more than 2,000 potential and existing home buyers, also found that 56 per cent of the surveyed thought that raising a deposit was the biggest challenge they faced, while 40 per cent said house prices were still too high and 16 per cent were concerned about their credit history.

Mortgage availability has been increasing since an £80billion funding for lending scheme was launched at the start of August by the Bank of England and the Treasury, although much of this has so far been concentrated around people with larger deposits of at least 20 per cent.

More than half of successful first time buyers (60 per cent) in the last year set up a regular savings account specifically for their deposit, but this falls to less than half (41 per cent) for those who have aspirations to buy, according to the report.

Some 7 per cent of potential buyers still look at their parents for financial help to raise a deposit, while 4 per cent hope to see inheritance to boost their savings pot.

The report found that the 'bank of mum and dad' had becoming increasingly important, with almost one in five people (17 per cent) who bought their first home in the last year had help from their parents – compared with 13 per cent of people who had bought a property five years ago.

Among the main reasons why people buy their first home is the need of moving, with 35 per cent of first-time buyers saying they bought their first home with their partner.

And despite the current fragile housing market, 45 per cent of people who bought their first home last year felt that property was a good investment, while 49 per cent said they decided to buy because renting was a waste of money.

Chris Smith of Yorkshire Building Society, said: "In the last five years mortgage activity in general has more than halved, and today's first time buyers are facing a squeeze on incomes and pay rates that are not keeping pace with inflation.

"However, it's encouraging to see the proportion of first time buyers has actually begun to increase in this period and more people are seeing home purchase as a prudent financial decision."

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ALDWICK **£219,950**

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ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool.

ALDWICK **£597,500**

A superbly presented New England style detached family house situated on a good sized plot less than half a mile from local shopping facilities and the beach. The current owners have made the property the subject of a comprehensive programme of refurbishment and modernisation over the course of the last 3 years. G.F.H., u.P.V.C. dbl glazing, replacement wiring, plumbing & sanitary ware etc. A cloakrm, a triple aspect lounge, spacious kit/dining rm, utility rm, study/fifth bedrm, an impressive master bedrm suite with vaulted dressing rm & luxury en suite bathrm, 3 further bedrms, family bathrm, an integral garage & well maintained gardens in the front & rear.

CRAIGWEIL PRIVATE ESTATE **£465,000**

A detached cottage style house situated in a cul-de-sac of the private estate just 300 yards from the private beach. G.F.H., u.P.V.C. dglazing, triple aspect lounge, good sized dining room, fitted kitchen with separate utility room, cloakroom, four bedrooms (one with walkin wardrobe/storage area), bathroom, garage and delightful mature gardens.

ALDWICK BAY ESTATE **£435,000**

A well presented detached chalet house situated in the Aldwick Bay private marine estate approx. 400 yards from the private beach. The property has been made the subject of a programme of refurbishment in recent years. G.F.H., u.P.V.C. double glazing, fascias & soffits, spacious triple aspect L shaped living room, dining room, fitted kit/breakfast room, shower room, conservatory, utility room/workshop, garage room/bedroom, four bedrooms, good sized bathroom, garage with carport and gardens. N.B. The large games room/bedroom will take a full sized snooker table or could provide annexe accommodation if desired.

ALDWICK **£325,000**

A three bedroom first floor apartment in development of elm walled gardens immediately adjacent to the beach, gas central heating, u.P.V.C. double glazed, carpets, cloakroom, lounge dining room with library area, South facing balcony, kitchen, master bedroom with en suite bathroom and dressing area, second bathroom, garage. UNOBSTRUCTED SEA VIEWS.

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A feast of classic motorsport history at the Classic Motor Show

THERE'S plenty in store for lovers of 'proper' motorsport at this year's Footman James Classic Motor Show, held at Birmingham's NEC from 16-18 November. With a truly stunning array of competition cars from the past – and some that are still competing today – it's a true feast of motorsport history for race goers and enthusiasts.

British car manufacturers take pole position in representing classic motorsport and it's Blackpool's finest, the TVR that will be rearing to show goers hearts and minds. The TVR Car Club is celebrating the 50th anniversary of the car maker in motorsport: its display includes the first TVR to compete at Le Mans, as well as a 2004 T400R and the 420 SEAC racer that did so well it was banned after half a season's racing for winning too many races!

Ginettas might be small in size but they have played a mighty big role in plenty of competitions. This year sees the 45th anniversary of the G15 and alongside an example that's had one owner from new, there's a G4 that competes in hillclimbs and sprints, proving a good design (the G4 was introduced in 1961) will stand the test of time.

In preparation for next year's 40th anniversary of Alpine winning the first World Rally Championship in 1973, Club Alpine Renault will display examples of the A110, A310, GTA and A610.

This year also sees the 50th anniversary of the Mini Cooper, the pint-sized car that took on much bigger models and like a fully-fed Jack Russell terrier ran rings around the opposition. In saloon car racing and rallying and in club sports like sprinting and hillclimbing the Cooper was a strong contender, and its history is celebrated by the Mini Cooper Register, which is showing five examples.

Representing old-school, front-engined Grand Prix cars is the Maserati 250F that's on the Historic Classic Vehicle stand. Similar models were raced by Sir Stirling Moss and Juan Manuel Fangio and today the 250F is regarded as one of the most important Grand Prix cars from the 1950s and '60s.

And if the motorsporting bug has bitten and you fancy becoming more involved Silverstone Auctions holds its sale on Saturday 17 November. The recently-established auctioneer is offering several cars with competition pedigree, including a 1972 Ford Escort Mk1 rally car with a proven award winning pedigree, and a 1987 Morgan Plus 8 Morgan Challange class B racer.

This year's show also sees Sir Stirling Moss making an appearance on the Live Stage along with TT Rider and motoring enthusiast Guy Martin. Sir Stirling will be talking about his career, his cars and the classic movement on Saturday 17 November.

Look out too for pre-war competition cars as the Bugatti Owners' Club, Vintage Hot Rod Association and Vintage Sports Car Club prove a car doesn't have to be younger to be competitive!

The Footman James Classic Motor Show is the UK's biggest classic motoring celebration with epic eleven halls with an estimated 1,500 cars and 350 motorcycles on display, ranging from the rare and exciting to pre war and retro classics, the sublime to the ridiculous, and many more. Ticket prices range from £18.50 when purchased in advance, with two and three day passes also available. For more information on the Footman James Classic Motor Show or Classic Motorbike Show, visit necclassicmotorshow.com.

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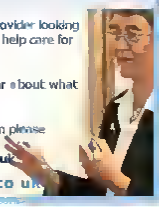

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Straight from the commentary box

Bring on the big guns

Johnny Cantor

SO THE SECOND international break is coming to a close and Albion fans can look forward to League action once again.

It's fair to say that the season has been a bit stop start, but one thing is for sure the Seagulls face a daunting next four games against Middlesbrough at the Amex before trips to Leicester and Blackpool before Leeds make the trip south to Sussex.

Last year Albion took an impressive 39 points from 60 available 60 against teams who finished in the bottom 10 places. However, the figures were 14 from 60 against the top 10. (Apart from Brighton of course). Not totally surprising you might say but the Seagulls must deliver against the top teams if they are to mount a push for promotion.

The table is more congested than ever this year so the disparity between the top and bottom halves may not be as pronounced this year but Gus Poyet's side will be keen to take points as well as candy from the long round trip to see the illuminations in the North West.

For the record, this season the Seagulls have taken 13 from 18 available against bottom 10 sides, and so far 1 from 6 against the top 10 sides.

Hopefully come 4th November supporters will be full of hope after amassing a decent total and the side can display the staying power right through until 4th May.

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Women's football

Shrubb plants double for high flying City

Enfield Town 0 - 2 Chichester City
South East Women's Combination League

CHICHESTER City Ladies travelled to second place Enfield on Sunday knowing a victory would see them go above the home side. The Lilywhites did not disappoint notching up a 2-0 victory.

The game started slowly with Enfield dominating early possession with the home side's strikers exploiting the vast space left between the Chichester midfield and defence. Chichester dug in and soon sprung the Enfield off side trap, with the keeper routed to the line Shrubb didn't need to be asked twice and smashed the ball home against the run of play.

Chichester found their stride with Willett and Widdowson winning the battle in the middle of the park. Just before the half time Shrubb got in behind the back line again and slotted home to put the Lilywhites 2-0 up.

The second half saw Chichester get the ball under control and have several chances to further their lead. Enfield pushed hard in the late stages of the match but McNamara kept them out with two outstanding saves. This week Chichester face Rottingdean at home at 2pm in the first round of the Sussex Cup.

Chichester: McNormara, Hughes-Jones, Starkey, Richardson, Paul, Willett, Wride, Widdowson, Evans, Shrubb, Challen. Subs: Streeter, Ogden, Elliz and Alexandre.

South East Women's Combination League

	Team	P	W	D	L	PTS
1	Chesham United	9	7	2	0	23
2	Chichester City	9	6	1	2	19
3	Norwich City	9	6	0	3	18
4	Enfield Town	9	6	0	3	18
5	Ipswich Town	9	5	1	3	16
6	Luton Town	9	3	3	3	12
7	Milton Keynes Dons	9	3	2	3	8*
8	Cambridge Women	9	2	2	5	8
9	Brentwood Town	9	2	2	5	8
10	Ebbsfleet United	9	2	3	4	5*
11	Arlesey Town	9	2	2	5	5*
12	Crystal Palace	8	0	0	8	0

Cricket

Mansfield striker Matt Green is being eyed by a number of Championship clubs

In form Matt Green

BRIGHTON are believed to be among a host of Championship clubs preparing to weigh up bids for Mansfield Town star Matt Green.

The 25 year-old has been sensational for the Stags since joining from Oxford United in 2011, finishing on 29 goals last term - finishing only behind Jamie Vardy - who joined Leicester City for £1million.

New Green could be set to follow Vardy, after impressing hugely in the last 12-months - although a reported presence of a release clause means they will not pocket anywhere near the same sort of fee which Fleetwood received for Vardy.

A dozen Championship clubs are understood to be currently scouting Green - whilst clubs in League One and Two are also keeping tabs on his progress.

It is understood Crystal Palace manager Dougie Freedman has made a personal check on the player, whilst Brighton, Derby and Nottingham Forest are also believed to have checked on him.

Mansfield are now braced to lose one of their prized assets and a move in January, if not before on loan, looks increasingly likely.

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	13	10	3	0	38	11	27	33
RYE UNITED	13	8	3	2	34	20	14	27
PEACEHAVEN & TELS.	12	7	4	1	35	15	20	25
HASSOCKS	13	6	1	4	30	22	8	25
REDHILL	10	7	2	1	26	10	16	23
LANCING	13	7	1	5	31	19	12	22
RINGMER	11	7	1	3	20	15	5	22
HORSHAM YMCA	12	6	1	5	36	20	16	19
LINGFIELD	11	5	2	4	26	23	3	17
ARUNDEL	10	5	2	3	15	13	2	17
PAGHAM	10	5	1	4	20	20	0	16
EAST GRINSTEAD TOWN	13	4	2	7	24	27	-3	14
SHOREHAM	12	4	1	7	17	22	5	13
CROWBOROUGH ATHLETIC	12	4	1	7	21	35	-14	13
DORKING WANDERERS	10	3	3	4	17	18	1	12
ST FRANCIS RANGERS	12	3	3	6	18	25	-7	12
SELSEY	10	3	3	4	11	18	7	12
SIDLEY UNITED	11	3	2	6	16	33	-17	11
HAILSHAM TOWN	11	3	0	8	19	33	-14	9
CHICHESTER CITY	14	2	3	9	19	40	-21	9
AFC UCKFIELD	11	1	3	7	18	30	12	6
WORTHING UNITED	10	0	2	8	11	33	-22	2

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	10	7	2	1	26	12	14	23
LITTLEHAMPTON TOWN	8	6	2	0	23	6	17	20
LITTLE COMMON	10	6	2	2	22	12	10	20
BROADBRIDGE HEATH	9	5	4	0	25	12	13	18
HEXHILL UNITED	9	5	4	0	27	16	11	18
EASTBOURNE UNITED AFC	9	5	2	2	27	14	13	17
WESTFIELD	10	4	4	2	18	14	4	16
MIDHURST & EASEBOURNE	10	3	6	1	21	14	7	15
MILE OAK	11	3	6	2	24	20	4	15
SEAFORD TOWN	10	3	5	2	17	18	-1	14
SOUTHWICK	11	4	1	6	27	24	3	13
WICK	10	4	1	5	24	22	2	13
LOXWOOD	11	3	4	4	19	18	1	13
STEYNING TOWN	10	2	2	6	25	27	-2	8
STORRINGTON	12	2	2	8	14	35	21	8
OAKWOOD	7	1	1	5	11	20	-9	4
RUSTINGTON	10	1	1	8	10	32	22	4
SALTDEAN UNITED	11	0	1	10	13	57	-44	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
HAYWARDS HEATH TOWN	6	5	2	1	18	7	11	17
BARNHAM	8	5	1	2	25	13	12	16
SIDLESHAM	6	4	2	0	22	10	12	14
BILLINGSHURST	6	4	1	1	19	11	6	13
UCKFIELD TOWN	7	3	2	2	12	12	0	11
CLYMPING	7	3	2	2	9	11	-2	11
IFIELD	7	2	2	3	14	14	0	8
ROFFEY	6	2	1	3	12	18	-6	7
FERRING	5	1	2	2	10	16	-6	5
HURSTPIERPOINT	5	1	0	4	6	10	-4	3
ROTTINGDEAN VILLAGE	7	1	0	6	7	23	16	3
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